

Mountaineer

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Dec. 20, 2002



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Feature



More than 50 service-members participate in naturalization ceremony to become United States citizens.

See Page 20 and 21.

Happenings



There are a lot of things to do in Denver during the holidays.

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Last issue

This issue of the *Mountaineer* is the last for 2002. The next issue will come out Jan. 10. The deadline for that issue is Jan. 3 and classified ads must be submitted before noon Jan. 7.

Post Weather hotline:
526-0096

Mountain Post hosts Retiree Appreciation Day

by **Spc. Jon Christoffersen**
Mountaineer staff

Legal assistance, vehicle registration and medical checks were part of the Retiree Appreciation Day held at the Elkhorn Conference Center Saturday.

According to Joe Gmelch, Fort Carson Retiree Council co-chairman, the purpose of the day was to provide a forum for military retirees to gather, discuss and learn about subjects important to retirees.

Starting at 9 a.m. with breakfast, the event provided information on a wide variety of topics from legal advice, such as living wills, to quick medical checks.

"This provides a real quick snapshot of their health," Capt. Karen Brasfield, deputy director of the Mountain Post Wellness Center/dietician, said. "We're checking their blood pressure and cholesterol levels here. If either of those are at elevated levels, we'll sign them up for classes at the wellness center to help them control it."

Although a number of booths were set up for the retirees, the medical booths run by the wellness center were the busiest.

"Keeping in good health is extremely important," James Tucker, a National Guard retiree and attendee of the event, said. "Especially with the high cost of medical care ... if you can get something like this (blood pressure and cholesterol screenings) for free, you've got to take advantage of it."

Brasfield said an event like the RAD is a great opportunity for her and the rest of the wellness center staff to put out a lot



Photo by Spc. Jon Christoffersen

James Tucker gets his blood pressure checked by Sheila Thomas of the Mountain Post Wellness Center during the Retiree Appreciation Day activities Saturday.

of good information to the retired population that frequently uses Fort Carson services.

"We're right here with all the other services so they (retirees) don't have to make an extra trip to have this done," Brasfield said. "A lot of these people don't realize we're located right next to the commissary, someplace they frequent. When they find out how conveniently located we are, there is more of a chance they'll come in and start taking an active role in staying healthy."

Gmelch said this year's RAD was different from years past. RADs in the past have been formal events with guest speakers; this year RAD was devoted to providing information to retirees who attended.

"From a medical standpoint, we concentrated on (information) and tests most needed by retirees," Gmelch said.

"(There were) blood pressure and cholesterol tests, flu shots, (information) on diet and cardiovascular exercises and a check by the command dentist for signs of oral cancer.

"We also had information booths on long-term care, skilled in-home care, unskilled in-home care and assisted living."

Besides providing useful services like medical and legal, the event provided a forum for agencies that support retirees to gather and put out information about activities and

"The organization's purpose is to protect (retirees') eroding benefits," Robert

Rothrock, the Retired Enlisted Association, Membership Committee member, said. "We work with Congress to retain and bring back benefits. Although we don't recruit at a function like this, it's a great opportunity for us to tell other retirees what we're doing for them."

The event allowed many individuals and organizations to join together to help.

Although the events and structure of the RAD was different this year, it was successful in meeting the goals that were set for it.

"The RAD was a resounding success," Gmelch said.

"We did exactly what we proposed to do with this new concept and our efforts were well received by those who attended."

Phase 2 construction at Gate 1 to begin Jan. 6

Courtesy Directorate of Public Works

Gate 1, at the west end of Nelson Boulevard, will now enter Phase 2 of the construction process Jan. 6 instead of Dec. 20, weather permitting.

Phase 2 will cause all incoming vehicular traffic to be detoured/routed through the new Visitor Control Center parking lot where a temporary VCC and gatehouse will now be located. Temporary roads connecting the VCC parking lot with the new Nelson Boulevard, will allow incoming traffic to continue unim-

peded onto the post. Vehicles denied entry will use the parking lot's outbound lane to exit the post.

The start of Phase 2 will undoubtedly slow incoming traffic initially, until drivers become accustomed to the new route.

You are encouraged to use alternate gates coming on the installation. Gates 2 and 5 are fully operational for vehicles with Department of Defense registration stickers.

Work to be accomplished during

Phase 2: the existing gatehouse and the existing inbound lane will be demolished to become part of the median and traffic control islands that will separate the inbound from the outbound lanes and work will continue on the new VCC and gatehouse facilities.

Phase 2 will not adversely affect outbound traffic. As during Phase 1 of the construction, trucks making material deliveries for the Gate 1 construction effort, will continue to enter Fort Carson through Gate 1.

Commander's Column

Thanks for all the hard work in 2002



Wilson

As the holiday season approaches, I wanted to take time to thank each of you for all that you do every day. We are living in uncertain times and a lot is asked of you every day to protect our nation's freedom and to fight the fight against terrorism. It does not go unnoticed or unappreciated. You sacrifice time from your family and loved ones to do the job you do so well, and I am proud of each and every one of you.

I urge you to take time this holiday season to spend time with your friends and families and realize and enjoy the true meaning of this season. Please remember those families of deployed soldiers and include them, if possible, in your holiday celebrations. We are a community of one.

I thank you for your contributions to the Combined Federal Campaign, in which we reached our goal and for your generous contributions to Operation Santa. It is through unselfish contributions, such as those, that demonstrates how generous and caring you are. Pat yourselves on the back, you represent the best of our nation. Thank you for your service.

May this holiday season and the new year bring you happiness, health and peace. Lynn and I extend to each of you our warmest and heartfelt wishes for a safe and happy holiday season and a wonderful 2003.

Mission first ... people always ... one team. Bayonet!

Maj. Gen. Robert Wilson
7th Infantry Division and Fort Carson
commanding general

Talent scouts searching for 2003 Army Soldier Show performers until Dec. 31

by Harriet E. Rice, Public Affairs Office
U.S. Army Community and Family Support Center

ALEXANDRIA, Va. — When Spc. Joey Beebe auditioned for the 2001 U.S. Army Soldier Show, he was excited. When he was selected for the cast, the operating room technician never imagined it would lead to a two-year tour of duty with the U.S. Army Community and Family Support Center Army Entertainment Division.

But it did, and now he's working on the 2003 show. His mission now: to recruit new cast members.

"We're looking for performers and technicians for the 2003 U.S. Army Soldier Show. Their audition packages are due to us by Dec. 31," said Beebe, who serves as assistant to the show's artistic director, Victor Hurtado.

Auditions are not just for singers, Hurtado emphasized. "I am looking for strong dancers, and I would also like instrumentalists to audition. I don't know what (talent) is out there unless it comes to my attention."

While the show's primary focus is musical and vocal, all types of talent are welcome and will be considered, he said.

Auditions are open to all soldiers on active duty through December 2003. Reserve component soldiers may audition; however, if they are selected, they must be activated for the six months' duration of the tour, which runs from April through October.

To be considered, soldier-performers must submit an audition package that consists of, among other items, a videotaped performance showing their talent, an entertainment résumé, a commander's letter of release, their latest evaluation report, and a copy of their most recent Army Physical Fitness Test.

"On the technical side, we not only need lighting engineers and sound engineers, but we are also in

need of good leaders with theatrical backgrounds to serve as stage managers and people with experience in construction or electrical work as set builders," said Hurtado.

Soldiers looking for a technical job with the 2003 Soldier Show must also submit a package that contain the same administrative documents in addition to a technical résumé and a portfolio with references. The same goes for drivers needed for the 44-passenger bus and the 18-wheel tractor trailer that move 20 tons of staging, costumes, lighting and audio equipment.

"Being a part of the Soldier Show is a life-changing experience," said Hurtado, who spent six years of his military career as a performer and technician with the show in the 1990s. "You become part of a rich historical tradition of 'entertainment by the soldier, for the soldier' that began with songwriter Irving Berlin during World War I. You also grow and learn leadership, performance skills, and teamwork."

In January, Hurtado and Beebe, along with Army Entertainment Detachment military staff, will screen the audition packages. A selection committee comprised of civilians and military staff will review the audition tapes, military documents and records, scoring applicants on talent, poise, appearance and stage presence.

A group of up to 30 finalists will be selected to audition in person at the finals in late spring. "Finalists come in for a week to rehearse," said Beebe. "But we also have them set up and take down the 15 tons of staging — that's the unglamorous offstage part of the job, and we need to find out if the soldiers can handle it."

The U.S. Army Soldier Show is one of more than 200 Morale, Welfare and Recreation programs the Army provides soldiers and families worldwide through the USACFSC. For additional information, contact victor.hurtado@cfsc.army.mil.



How to audition for Soldier Show — submissions must be received by Dec. 31

Auditions are open to all soldiers on active duty through December 2003 and who can meet all active duty requirements. Reserve component soldiers may audition. If selected, they must be activated for duration of tour.

Performers must submit the following items in an audition package:

- 1/2" VHS demo tape
- Records brief
- Commander's letter of release
- Entertainment résumé
- DA photo, 3/4 length
- Latest OER/NCOER
- Copy of most recent Army Physical Fitness Test

Technicians (lighting, audio, video, set design, stage management) must submit:

- Portfolio/references
- Records brief
- Commander's letter of release
- Technical résumé
- PA photo, 3/4 length
- Latest OER/NCOER
- Copy of most recent Army Physical Fitness Test

Drivers (bus, 18-wheel, van) must submit:

- References, copies of licenses, ratings
- Records brief
- Commander's letter of release
- DA photo, 3/4 length

Latest OER/NCOER

Send package U.S. Postal Service Express (overnight) mail to (recommend using tracking):

U.S. Army Soldier Show
ATTN: 2003 Selection Committee
P.O. Box 439
6091 Jackson Loop, Building 1434
Fort Belvoir, VA 22060
(703) 806-6393*

• The phone number is for mail delivery purposes only. Use e-mail address victor.hurtado@cfsc.army.mil for inquiries.

Must be postmarked by before midnight Dec. 31, 2002.

MOUNTAINEER	
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News

Best of the best ...

NCO, soldier confident in their ability to win

NCO of the Quarter ...

by Spc. Jon Christoffersen
Mountaineer staff

Getting ready for the Noncommissioned Officer of the Quarter board came naturally to Staff Sgt. Richard Shopp.

Shopp, 3rd Battalion, 362nd Armor, Scouts, was recently named the 7th Infantry and Fort Carson NCO of the Quarter.

Shopp said with his new job as an observer controller trainer, moving from his position as a scout, he finally got the time to attend his company's NCO of the Month board and from there he just kept winning.

"(My winning) had a lot to do with the way I was brought up," Shopp said. "I'm a self-starter. Anything I've put my mind to, I've excelled in. The study process comes natural to me. If I read something once, it

stays."

Shopp said the Army for him is not just a job, it's a chance to get a paycheck for doing the things he enjoys doing. "I love to do PT. Where else can you get paid to work out for an hour a day," Shopp said.

Shopp, who has been in the Army 11 years, added that his fondness for his work and lifestyle has led to his success in the Army, but he has some advice for those who plan on attending a board, advice that he says helped him go as far as he has.

"Take time to make sure your preparation is there," Shopp said. "Allow yourself time to study every day, not just the night before the board. It will pay off in the end."

Soldier of the Quarter ...

by Spc. Stacy Harris
Mountaineer staff

After months of waiting, the Fort Carson Soldier of the Quarter was finally announced Dec. 11 at a ceremony at McMahon Theater.

Spc. Matthew Thomas, 148th Military Police Detachment, 759th Military Police Battalion, was announced the winner, competing against two other soldiers. Thomas is an entry team member for the Fort Carson Special Reaction Team.

"I was confident that I would win," Thomas said, "but it (finding out) was a completion. It was that completion that I succeeded."

Thomas said he attended four consecutive boards in October, starting out with a company board and going to the division board at the end of the month. Even though he said he was raised a field soldier, Thomas warmed right up to the board process, with only five weeks of preparation before attending the final board.

"I didn't know I would go this far when I started," he said. "But once I got my feet into it, I knew I could do good things."

Thomas said the key to success at a board is

for soldiers to believe in themselves and their leadership abilities.

"They (board members) are looking for a soldier who is confident with their decisions and can react under pressure," Thomas said. "When you're going to the board, it is more than just believing in yourself. You have to make the board members believe in you."

Thomas said that by him winning the Post Soldier of the Quarter, it has led other soldiers to follow in his footsteps by also wanting to win at the board and bring attention to the unit. He also said he believes it has raised the morale for the unit. But, it really hasn't changed his life.

"I still get up and PT (physical training) as hard as I can; I go to work and do my duties to the best of my ability," he said. "Just because you win boards doesn't mean you can take a break."

Thomas said his future is not set in stone and he is just going to take it one day at a time.

"I'm not going to close out any of my options," he said. "My goals for the future are completing my military commitment — however long that takes me."

CFC comes to close ...

Brig. Gen. Robert Reese presents Patricia Burnes, who accepted the award on behalf of the Directorate of Resource Management, with the gold award for DRM's contributions during the Combined Federal Campaign. The Dec. 13 awards ceremony, held at the U.S. Air Force Academy, marked the end of the CFC campaign. The Fort Carson community exceeded its goal by raising \$486,837.

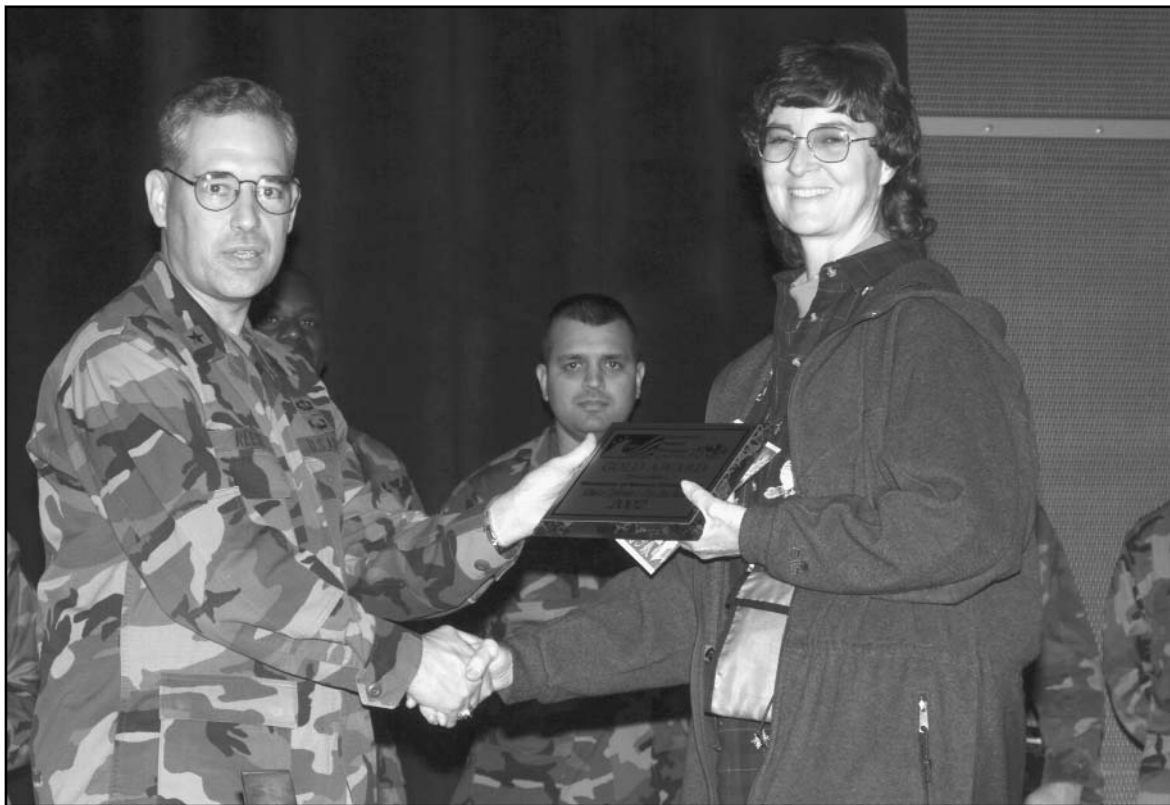


Photo by Spc. Matthew Millham

Military

Sooner Guardsmen study Arabic for upcoming deployment

by Staff Sgt. Darren D. Heusel

**Task Force 1st Battalion, 180th Infantry Regiment
Public Affairs Office**

Keeping soldiers safe and ensuring a cultural understanding while deployed to the Middle East are the primary reasons behind a three-week Arabic language course being taught to troops from Task Force 1st Battalion, 180th Infantry Regiment, 45th Infantry Brigade, Oklahoma Army National Guard, currently training at Fort Carson.

The Oklahoma soldiers will be deploying to the Sinai Peninsula after the first of the year and the Arabic language training is just one example of what Task Force 1st Bn., 180th Inf. Reg. leaders are doing to help give their troops a leg up on the deployment.

Ten soldiers who will serve as liaisons and participate in protocol, public affairs, civil affairs and other high visibility missions while on the deployment, attended the full-length course, while roughly 200 other Task Force 1st Bn., 180th Inf. Reg. soldiers were given a shorter version over a two- to three-day period.

While in the Sinai, the Task Force 1st Bn, 180th Inf. Reg.'s Multinational Force and Observers mission will be to observe and report any activity in the region stemming from a 1982 peace treaty between Egypt and Israel.

"I think this is a very good example of how the active component and Reserve component have come together to form this tremendous partnership," said Lt. Col. Kevin McNeely, commander, Task Force 1st Bn., 180th Inf. Reg. "The 7th Infantry Division identified the need for more Arabic training and came up with the

funding to make this happen.

"This is just another example of the support they've provided to not only us, but to the other separate brigades from Oregon and Arkansas who make up the 7th ID. Oklahoma's 45th Infantry Brigade has a great working relationship with the 7th ID as part of the integrated division. The support they (7th ID) provide us just enhances our ability to perform our mission."

Venus Attia, associate professor with the Defense Language Institute, School of Continuing Education in Monterey, Calif., helped teach the course designed to instruct the students on how to read, write and speak Arabic.

The troops also learned how to identify certain danger signs in the area, as well as how to properly conduct themselves in a foreign land.

"I am really delighted and I feel honored to do this noble mission," said Attia, a native Egyptian who has been training troops for the MFO mission since 1999. "The students here are actually the most wonderful, smartest people I've ever taught.

"They were able to read and write Arabic after only two days. That was a miracle to me, because the students at the Defense Language Institute normally don't start reading and writing Arabic until after about 10 days."

Attia said her objective first and foremost is to save lives.

"There are a lot of danger signs written in Arabic that the soldiers need to be aware of when they get over there," she said. "I want to save their lives and keep them out of trouble."

Attia said some of the dangers soldiers may encounter while in the Sinai include shifting sands, minefields and poisonous wells, among others.

She said the students also learn about cultural taboos, or "what to do to keep everybody happy and content."

"I want to teach them how to earn the respect of the Arabic people, their religion, celebrations, how to sit in front of their boss and the rank structure," she said. "The students are very helpful and very talented."

In addition to training soldiers at the Defense Learning Institute and in the field, Attia conducts Arabic language courses via video teletraining conferences to students all over the world.

She said the demand for knowing how to speak and write Arabic is on the rise and becoming proficient in Arabic can actually earn the soldier extra money once they reach a certain skill level. Therefore, Attia encourages all her students to pursue future training opportunities.

"I am thankful to be a part of the DLI," she said. "It's a great mission not only in teaching the military audience the language in Monterey, but also to be a part of the school of continuing education in reaching the non-residents through the federalized video teletraining and the mobile training team.

"DLI has been doing its best to accommodate the need for training troops before deployment and I am delighted to be able to introduce the military to the Arabic language, the Egyptian culture and the Egyptian people."

Military Briefs

Soldiers on profiles — In accordance with Army Regulation 600-60, all soldiers with a P3 or P4 profile in any area of their body designators — Physical Capacity, Upper extremities, Lower extremities, Hearing, Eyes or Psychiatric — are required to appear before the Military Occupation Specialty/Medical Retention Board within 60 days of the signed approved profile. The purpose of this requirement is to maintain the quality of the force by ensuring the soldiers are physically qualified to perform their Primary Military Occupational Specialty worldwide under field conditions. Soldiers with a P3 or P4 profile are non-deployable as of the date the profile is completed. P3 or P4 soldiers are not authorized reassignment, training at any U.S. Army Training and Doctrine Command course or advancement course, or re-enlistment without appearance before the board. For more information, call Staff Sgt. Keith Cashion at 526-6530.

There will be four Personnel Management Centers. The newest addition will support all satellite and stand alone units on or around Fort Carson. The 43rd Area Support Group PMC will no longer service units other than those within the 43rd ASG. **The 3rd Armored Cavalry Regiment PMC** (building 2256) supports: Regimental Headquarters and Headquarters Troop, 3rd ACR; Support Squadron; and all squadrons in 3rd ACR. **The 3rd Brigade Combat Team PMC** (building 2155) supports: Headquarters and Headquarters Company, 3rd Brigade; 1st Battalion, 8th Infantry Regiment; 1st Battalion, 12th Infantry Regiment; 1st Battalion, 68th Armored Regiment; 3rd Battalion, 29th Field Artillery; 4th Engineer Battalion; and 64th Forward Support Battalion. **The 43rd Area Support Group PMC** (building 1118, room 308) supports: 68th Combat Support Hospital; 52nd Engineer Battalion; 759th Military Police Battalion; 10th Combat Support Hospital; and 4th Finance Battalion. **The Mountain Post Team PMC** (building 1118, room 208) supports all satellite and stand-alone units on or around Fort Carson to include: Headquarters and Headquarters Company, 7th Infantry Division; United States Army Garrison; United States Army Reserve Division; 2nd Brigade, 91st Division; 62nd Explosive Ordnance Detachment; 764th EOD; 502nd Personnel Support Battalion; 14th Public Affairs Detachment; 10th Special Forces Group; Medical Department; Dental Activities; VETCOM; 743rd Military Intelligence Battalion; Dugway; and Military Enlistment Processing Command, Denver.

The SIDPERS Superserver will blackout Sunday to Dec. 31. All sergeants first class eligible for the master sergeant board must make an appointment with their servicing Personnel Management Centers to update their records before Sunday.

Soldiers who converted from VEAP to MGIB last year are reminded that it is their responsibility to individually check and ensure they have paid the full

\$2,700 within the required deadline, 18 months from the date entered on their DD Form 2366. Meeting this 18-month deadline is critical. Soldiers have no education benefits to utilize until the required \$2,700 is paid in full. Furthermore, soldiers who fail to pay the money in full by the deadline will forfeit all contributions made to that point and will not be eligible for any MGIB benefits.

Many soldiers have had problems with their local finance offices erroneously stopping the reduction in pay when it reached \$600 or \$12,009. In some cases, Finance refunded some payments to the soldiers. These are finance problems and errors, and must be resolved. Defense Finance and Accounting Service has sent a message out to field finance offices advising them of the needed corrective action. However, soldiers are ultimately responsible for initiating action to discover and correct finance mistakes. Soldiers may have to make lump sum payments to ensure the full \$2,700 is paid within the 18 months. For more information, contact Bill Unger, 526-4125, or any guidance counselor at the education center.

Post Laundry Service — The Post Laundry service provides free laundry and dry cleaning service to soldiers for government-owned property only. Items issued by the Central Issue Facility should be cleaned at the Post Laundry prior to turn in. Soldiers are reminded to allow extra time for items to return from the cleaners. It is not recommended to pick up your equipment on the same day as the scheduled CIF appointment. The turnaround for the service is 72 hours and no appointment is necessary. The Post Laundry will not clean personal items like BDUs, boots, tent pegs, canteens, entrenching tools or wet-weather gear. Material TA-50 items that can be washed include: sleeping bag assembly, chemical suits, Gortex, ruck sacks, coveralls, CVC jackets and most web equipment. Hours of operation are 7:30 a.m. to noon and 12:30 to 3:45 p.m., Mondays through Fridays, excluding holidays. For more information call, 526-8806 or 526-8804.

Fort Carson Ammunition and Explosives amnesty turn-in — When military A & E is found outside the boundaries of Fort Carson military areas, notify the local civilian authorities or the military police, 526-2333. Abandoned military A & E, excluding small arms ammunition up to and including .50 caliber, will not be moved by untrained personnel. If A & E are found, notify the Fort Carson 764th Explosive Ordnance Company, 526-2643. Abandoned A & E found on post may be turned in at the Ammunition Reclamation Area, located on Butts Road, one mile south of the airfield. The hours are Mondays through Fridays from 7:30 a.m. to 3:30 p.m. For more information, contact the Ammunition Supply Point, 526-4381, or the Quality Assurance Office, 526-1795 or 526-1892.

Procedure for replacing lost or stolen Identification Cards — Effective immediately, all soldiers assigned or attached to Fort Carson who have had an ID Card or Common Access Card lost or stolen will be required to present a memorandum signed by their commander when requesting a replacement card. Local policy requires all active duty soldiers, reservists, retirees, family members and Fort Carson civilian employees who lose their ID or Common Access Card to present a form of identification before a replacement card can be issued. The following forms of ID are acceptable: valid driver's license with photo, state ID with photo, birth certificate with seal or photocopy of birth certificate that reflects the state file number. If no form of ID is available, the soldier must be accompanied by a senior noncommissioned officer (Sgt. 1st Class or above) or a commissioned officer.

Hours of operation

The Office of the Staff Judge Advocate will be open from 9 to 11:30 a.m. on Wednesday. The office will then close for the remainder of the day due to an annual Christmas Party.

Holiday schedule for Range Division — The Range Division will be closed Dec. 24 and 25, and Jan. 1. It will close at 5 p.m. Dec. 23. The hours of operation Dec. 26 through 31 will be 5 a.m. to 5 p.m. and regular hours of operation will be restarted Jan. 2.

Information, Tickets and Registration Office and the Outdoor Recreation Complex Information Desk have been combined in an effort to better serve customers. Hours of operation are Tuesdays through Saturdays, 10 a.m. to 5:30 p.m. For information, call 526-2083 or 526-5366.

For official travel services, Carlson-Wagonlit Travel, in building 1012 on Long Street, is open Mondays through Fridays from 7:30 a.m. to 4 p.m., and until 3 p.m. on training holidays.

Travelers are reminded to bring three copies of travel orders when picking up tickets for official travel. Soldiers and family members must have one original and one copy of their "travelopes" and three copies of each order, to include amendments, for overseas permanent changes of station. If you cannot pick up your tickets in person, you can fax a copy of orders to 526-1142 or 576-5262 for issuance of an E-ticket.

Please call 576-5188 to confirm receipt of faxed orders. Tickets will not be issued without orders. If you do not use your ticket, you must bring it and two copies of your orders. If you were issued an E-ticket and did not travel, you still must bring in two copies of orders to process a refund for the unused ticket.

Central Issue Facility hours of operation are: Regular business hours: Mondays, Tuesdays, Wednesdays and Fridays from 7:30 to 10:30 a.m. and 11:30 a.m. to 3 p.m. and Thursdays 7:30 to 10:30 a.m. Initial Issue/Partial Issue/DX: Mondays, Tuesdays, Wednesdays and Fridays from 7:30 a.m. to 10:30 a.m. and 11:30 a.m. to 3 p.m. and Thursdays: 7:30 to 10:30 a.m. Partial Turn-Ins: Mondays, Tuesdays, Wednesdays and Fridays from 11:30 a.m. to 3 p.m. All Full Turn-Ins require an appointment. Please call 524-2006 or 526-2729 to schedule an appointment. For questions, call Stacey Sly at 526-5512.

Briefings

Special Forces briefings — Special Forces recruiting briefings are held Wednesdays at 1:30 p.m. and Thursdays at 1:30 p.m. and 3:30 p.m. at the Grant Library for males in the pay grades E-3 to E-7 with a GT score of 100 or higher and who are U.S. citizens.

OCS board — There will be a local Officer Candidate School board Jan. 30 and 31. This board is required for all applicants. All participants must report in Class A uniform. All packets must be turned in to the 502nd Personnel Support Battalion, Personnel Actions Section, no later than Jan. 15.

For more information, call Capt. John Price at 526-1906.

ETS/Transition briefing schedule — In order for soldiers to receive their ETS orders, soldiers must attend an ETS briefing. Soldiers may sign in at 7:15 a.m. and the briefing begins at 7:30 a.m. in building 1118, room 317. For more information, call the Transition Center at 526-2240 or 526-4298.

Pest control training — Pest Management Regulation, AR 200-5, requires only certified applicators apply pesticides on military installations. The Directorate of Environmental Compliance and Management has a program that provides military personnel the necessary training and herbicide. Each unit is allowed a maximum of five people for training unless approved through the unit commander to DECAM. Training sessions are scheduled for the first and third Tuesday of every month from 10 to 11 a.m. at building 3711, until all units have received the training.

The Commanding General's Newcomers' Brief is the third Wednesday of each month at 1 p.m. at McMahon Theater.

The following are dates for upcoming briefings: Wednesday.

Miscellaneous

Monthly siren test — To ensure Fort Carson sirens remain operational, a monthly test will be conducted at noon on the last Friday of each month. The test will sound six seconds on, six seconds off, for a duration of five minutes. The "all clear" will be indicated by a continuous three-minute siren.

Editor's note: The deadline for submitting "briefs" to the Mountaineer is 5 p.m. Friday before publication.



Better
Opportunities
for
Single
Soldiers

Ski trip

A ski trip for single soldiers, including single parents, geographical bachelors and single officers, is scheduled for Dec. 21. The price is \$17.50, which includes transportation and lift ticket, but the soldier must bring his or her own equipment. Rental is available at the Outdoor Recreation Center. For rental costs, call Outdoor Rec at 526-1993. For more information call 524-2677.

Financial NCO helps soldiers plan for a stress-free holiday

by Capt. Joseph Paladino
64th Forward Support Battalion

Many people think the holidays are a time for cheer and family fun. For many soldiers, however, the holiday season could mean debt, which leaves families in financial burden for months, even years to come.

To help soldiers and their families with financial hardship during the holiday season, as well as preparing for deployments and the day-to-day realities of military life, the Army implemented the Command Finance Noncommissioned Officer Program. The objective of this program is to enhance and maintain mission readiness and quality of life by providing soldiers and their families with education and training on sound money management and consumer skills.

Sgt. 1st Class Vernell Murphy is one of 24 CFNCOs on Fort Carson. Murphy is currently the battalion CFNCO for the 64th Forward Support Battalion, 3rd

Brigade Combat Team. As the CFNCO, she is not only responsible for advising the command on all policies and procedures related to soldier financial readiness, but more importantly, providing training and counseling for more than 500 soldiers in the 64th FSB, as well as soldiers from other units who are referred by the Family Readiness Center. Her primary focus is to assist soldiers and their family members in making sound financial choices and decisions when it comes to overall spending and budgeting. She trains soldiers and families how to create and maintain a budget, balance a checkbook, increase credit history ratings and to avoid high interest loans when purchasing cars and homes. When she is not spending time with individual soldiers and their families, Murphy is busy preparing and presenting monthly classes to the battalion and Family Readiness Group on various programs and resources available, as well as common financial



Photo by Capt. Joseph Paladino

Sgt. 1st Class Vernell Murphy provides pre-marital budget counseling to Pfc. George Ledee of A Company, 64th Forward Support Battalion.

mistakes and ways to decrease financial burden. For example, soldiers experiencing financial difficulty can qualify for food vouchers twice a year, as well as Thanksgiving and Christmas dinner

vouchers at the post commissary.

When asked about her holiday concerns, Murphy said, "The holidays are a

Greenback

Finance briefings can help ease deployment stress

by 2nd Lt. S. Love
4th Finance Battalion

Deployment Entitlements Briefing

The 4th Finance Battalion is prepared to provide briefings pertaining to deployment entitlements. The information finance provides is valuable to both soldiers and their spouses and can be tailored for briefings to accommodate units, Family Readiness Groups, or both.

Numerous pay changes often occur when soldiers deploy, and this sometimes creates anxiety and uncertainty for both soldiers and their family members. In the briefings, detailed information is provided on deployment entitlements such as: Hazardous Duty Pay, Family Separation Allowance, Combat Zone Tax Exclusion, Special Leave Accrual, Housing Allowances and Basic Allowance for Subsistence.

For family members, additional information is provided, such as how to obtain a copy of their spouse's Leave and Earnings Statement as well as what finance transactions they can perform if they have the proper power of attorney. Contact your servicing finance detachment or the battalion headquarters for more information or to schedule a briefing.

4th Finance holiday hours

Through the holiday season, all detachments of 4th Finance Battalion will be fully operational Thursday and Jan. 2. These finance offices are typically closed on Thursdays due to Sergeant's Time training, but the 4th Finance Battalion has recognized the Fort Carson community's need for finance support during the holiday period and, therefore, will be open on these two Thursdays.

Pay inquiries

The pay inquiry system is designed to give the soldier a chain of command to get finance questions answered or problems solved expeditiously. The system gives the unit commander the opportunity to screen all pay problems within the unit or Personnel Advisory Center, eliminating lost productive time from sending soldiers to finance needlessly. Each PAC supports soldiers in its respective organization and is the first link in the finance chain to resolve pay inquiries.

A pay inquiry begins with DA Form 2142. A soldier should only come to finance in person with his or her pay inquiry if it's absolutely necessary. The DA Form 2142 should either be submitted by the PAC or sent with a soldier who has an appointment with the servicing Finance Detachment.

Be sure Part I of the DA Form 2142, Nature of Pay Inquiry, there are sufficient details along with the supporting documents to be able to solve to soldiers pay issue.

Frequently asked questions

When is a soldier required to go to their Finance Detachment in person?

When soldiers are starting, stopping or changing their Basic Allowance for Housing with dependents or when a soldier is married to a soldier they are required to go to the detachment. A soldier is not

required to go to the detachment for assignment to or termination of quarters.

What needs to accompany a DA Form 2142, Pay Inquiry?

Attach a copy of the latest Leave and Earnings Statement and any supporting documentation.

When must the unit commander sign the DA Form 2142?

A commander must sign the DA Form 2142 whenever a payment for the soldier (such as casual pay) is being requested.

My direct deposit did not go into my account on payday, what do I do?

If a soldier does not receive his/her electronic funds transfer/direct deposit within 72 hours of payday, the soldier's unit will contact the soldiers financial institution to confirm or deny receipt of his/her pay. A statement from the particular

financial institution must be obtained so the soldier may complete a stop payment form (DD 2660) and receive a casual payment.

Why am I not getting paid for my promotion?

The Finance Office is no longer responsible for inputting promotions or reductions. This is done by the servicing PSB. Once the appropriate entries have been made, changes must be accepted before any action can be taken by the local Finance Office. Understand that local payments will not be made for the purpose of making back entitlements due to a promotion.



Staying Army

Mountain Post soldiers re-enlisting for month of November

3rd Armored Calvary Regiment

Sgt. 1st Class: Troy Fleming, James Moreno.

Staff Sgt.: Antonio Clinkscales, Michael Dillman, Mark Fick, Gregory Haley, Joshua McElroy, John Santamaria, Ceola Turner, Michael Whitmill.

Sgt.: Steven Adams, Joshua Barthel, Sean Blevins, Justin Bolyard, Micheal Brewer, Denise Coultsman, Robert Cureton, Charlene Davis, John Day, Steven Dowdy, Monroe Jackson, Steven Jackson, Sean Kasper, Billy Kierce, Christopher Lamb, Bradley Morris, Seth Neeley, Joseph Ribbecca, Carl Selby, Barnaby Smith, Robert Spitzer, Justin Wagoner, Tifton Whatley, Benjamin Williams.

Spc.: Walter Benford, Barry Brown, Alan Caldwell, Christian Casillas, Phillip Corbett, Michael Davis, Russell Dilk,

Tushanna Dilk, John Dyess, Werner Elliott, Christopher Fasold, Forrest Ginn, John Harlee, Dalmar Jackson, Richard King, Bradley Klawiter, Robert Kuhns, Casten Mackerer, Steve Mailo, Michael McQuade, Lane Morsing, Jason Pemberton, Douglas Penfold, Nathalie Rocourt, Antonio Salazar, Michael Salinas, Federico Valadez, Cyrus Ward, Christopher Woltz, Jeremy Zell.

3rd Brigade Combat Team

Sgt. 1st Class: Kimberly Carter, James Dean, Richard Meiers.

Staff Sgt.: Robert Vandusen, Ronald Montano, John Coleman, Vaughn Ceccacci, Ricardo Grant, Oscar Posada, Carlos Rivas, David Janosik, William Keith, Lima Pula, Lionel Marco, Joseph Conner, Relius Jenkins, Giles Kuhn, Adam Reyes, Terry Walls, John Haughton, Gregg

Silvers.

Sgt.: Samuel Rivera, Jevone Gray, Daniel McLeod, Joshua Fletcher, Bradley Kirkwood, Philip Saunders, Jeremy Lavanway, Edward Tillman, Timothy Williams, Benny Campbell, Willie Harris IV, Parker Gibson, Shawn Rule, Kelly Gibson, Kenneth Douglas.

Spc.: Donald Gustafson, Timothy White, Luis Medinatorres, Travis Gilmore, Jason Walker, Daniel Mabus, Robert Morse, Eric Phillips, Aaron Dicus, Kevin Hannah, Jeremy Keenan, Jason Ruiz, Lorenzo Williams, Christopher Loecher, Jordan Bell, Christian Hudspeth, Zachary Hughes, Danny Martinkoski, Misty Howard, Toloria Carroll.

43rd Area Support Group

Sgt. 1st Class: Ralph Sims.

Staff Sgt.: Brian Linford, Mark

Hoover.

Sgt.: Mark Arana, Orlando Ochoa, George Reed, Christopher Herndon, Herman Belcher, Joseph Beck, Gerry Jackson, Carmelita Dagoo.

Spc.: Richard Cato, David Parrino, Andres Hinoztroza, Jose Fernandez, Kristen Siebert, Christy Loretto, Damon Musson, Kimani Harte, Michael Banks, Olga Spier, Travis Tompkins, Crystal Johnston, Relalyn Rayos, Jaculine Stuart, Mark Canales.

Pfc.: Todd Schweyer.

U.S. Army Garrison

Sgt. 1st Class: Kirt Coleman.

Sgt.: Eric Prindle, Charles Cooper, Michelle Hosey.

Spc.: Anthony Gibbons, Paul Devlin, Miguel Albares, Amber Morris, William Reehm, Maxwell Shingara.

Financial

From Page 7

great time of year, however, many soldiers come to me with maxed out credit cards, additional loans, and even forfeited rent or car payments because they (the soldiers) bought toys or clothes for their kids. I make it my top priority to get involved in the FRG meetings and battalion payday activities to inform the soldiers and their spouses about using shopping alternatives such as the thrift store, pawn shops, yard sales and to look for clearance items and coupon clippings.”

Maj. Scott Mills, the battalion’s executive officer, is very pleased with the success of Murphy and this program. “Sgt. 1st Class Murphy has certainly dedicated herself to the well-being of the 64th Mountaineer soldiers. Since she’s been in this battalion, she has saved soldiers more than \$10,000 by helping them with their monthly budgets, receiving AER loans and grants, providing food vouchers and working with creditors to reduce interest rates and eliminate late fees. With all of her positive achievements, Murphy has made the CFN-COP not only a success for the 64th FSB, but truly a valuable and reliable resource for this command and the soldiers.”

Conference held at Army Space Command

by Maj. Laura Kenne
Army Space Command

The Transformational Communications Office — Senior Leadership Team, a group responsible for many of the actions that will change the face of warfighter communications in the near future, held a conference Nov. 20 at the new Army Space Command headquarters at Peterson Air Force Base.

The TCO, formally organized in September, is responsible for planning and directing the implementation of the Transformational Communications Architecture for the Department of Defense, intelligence community and NASA. The TCO, under Director Rear Adm. Rand Fisher, who is also the commander, Space and Naval Warfare Systems Command, and director of Communications at the National Reconnaissance Office, meets monthly in the Pentagon.

At the invitation of Brig. Gen. Richard V. Geraci, deputy commanding general, Army Space Command, deputy commanding general for Operations, U.S. Space and Missile Defense Command, and also a member of the TCO-SLT, the group scheduled their November meeting to take place at the recently opened Army Space Command facilities.

The TCO-SLT is composed of representatives from the Department of Defense, intelligence community and NASA, with the critical mission of coordinating, synchronizing and directing changes in communications to meet the growing requirements of warfighters and the intelligence community. The ability to transmit detailed information quickly and reliably to and from all parts of the globe will help streamline military command and control and ensure information superiority, enabling faster deployment of highly mobile forces capable of adapting quickly to changing conditions in the field. Satellite communications play a pivotal role in providing the interoperable, robust, “network-centric” communications needed for future operations.

The conference included representatives from Army Space Command, the National Reconnaissance Office, the Office of the Secretary of Defense for Command, Control, Communication and Intelligence, Air Force Space Command, Defense Information Systems Agency, NASA, MILSATCON Joint Program Office, CIA, U.S. Strategic Command, National Security Space Architect, Naval Operations, Headquarters Department of the Army Chief Information Office, Communications and Joint Staff Communications.

Soldiers, Sailors Relief Act can usually offer protection

by Capt. Derrick Grace
Office of the Staff Judge Advocate
Legal Assistance Division

Have you recently enlisted, been commissioned or been called to active duty? If so, you should be aware of a Federal law that provides you economic and legal protections. The Soldiers' and Sailors' Civil Relief Act provides protection for active duty soldiers in many circumstances. The SSCRA is especially relevant for those Reservists and National Guard soldiers who have recently been called to active status. The protections the SSCRA affords active duty soldiers extend to such issues as debts (credit cards), leases and civil court cases. However, while the SSCRA offers protection in many situations, it is not a "cure all," and, as you will see, it must be applied with caution.

If you incur a debt prior to entering active service, you may be entitled to a 6 percent cap on the interest rate once you enter active service. The holder of the debt must forgive any interest over that 6 percent in many circumstances. As most credit cards have a rate of 18-24 percent, this can create substantial savings. The savings is not limited to credit cards. It can also be applied to most other debts that you brought with you to active duty, such as car loans. In order to qualify, you must be on active duty at the time of the request, the debt must have been incurred prior to entry into active military service, and your military service must "materially affect" your ability to repay the loans.

The SSCRA gives no guidance regarding what the term materially affect means, but a general rule is that you have taken a pay cut by coming to active duty and leaving your civilian job behind. The burden to prove you do not qualify is on the creditor, and not on you, the servicemember. Many agencies do not question that your service commitment materially affects your ability to pay, but you should be prepared to provide proof that your active service has, in fact, materially affected your ability to repay. This 6 percent interest cap benefit will continue until the debt is repaid or you are released from active duty.

However, there are some loans to which this protection

does not apply. These are federally guaranteed student loans and debts for which the servicemember's spouse is solely responsible. In order to take advantage of this benefit, you should contact your creditor in writing and state you have entered active duty, that this change in your status has materially affected your ability to pay the debt, and you are requesting the 6 percent interest rate cap. You may need to supply a copy of your orders or other information to your creditor.

The SSCRA also provides for stays (delays) of legal proceedings to servicemembers in some court proceedings. The soldier can be either the plaintiff or the defendant in the case. The SSCRA will not stay criminal proceedings, however. The duration of this delay can be your period of service plus 60 days, but the guideline is the reasonableness of the request. The question is how long your military service will materially affect your ability to either prosecute or defend the case. For instance, a tour in Korea may stay the proceedings for a year, if you show good reason that you cannot return to the United States for the legal proceeding. However, if you were to come back to the states for a 30-day, mid-tour leave, you may have to use some of that time for the proceeding.

In order to request the stay, it is best to have your commander send a letter to the court stating the reasons why your service has materially hindered your ability to appear in court. Your commander can obtain a template of the request from the Fort Carson Legal Assistance Office, or you may consult with a legal assistance attorney and have a letter prepared for your commander to sign. Do not send a letter with your signature directly to the courts. This may count as an "appearance" on your behalf, and a default judgment may be entered against you. The person with the default judgment may be able to garnish your wages.

The SSCRA also allows you to open default judgments in some circumstances. Your military service must have hindered your ability to defend and you must have an actual defense to the pleadings against you. Courts are very reluctant to open previous judgments, so this is something to avoid at all costs.

In very limited circumstances, the servicemember may be able to halt eviction proceedings against him or her, and his or her family members. Soldiers may receive a three-month reprieve from any eviction proceedings if their ability to pay has been materially affected by their military service. However, this does not mean that the servicemember will not have to pay for the time spent in the leased premises. The soldier will still be obligated to pay, but the court may stay an eviction for three months if the rent is under \$1,200, the premises are used as the dwelling of the servicemember or family members, and the reason the servicemember is unable to pay is because of his military duties.

For those servicemembers who have recently come on active duty, the SSCRA allows a termination of pre-service leases. The lease must have been entered into prior to service and have been executed on behalf of the servicemember. It must be used for dwelling, professional or business purposes and the person exercising the right to terminate the lease must be currently in service. The landlord may still be able to receive some benefit from the servicemember, however. For instance, servicemembers may be charged reasonable costs to re-lease the premises or improve the premises to be leased.

The SSCRA provides many protections to servicemembers. However, it does not stop all obligations that servicemembers incur, even if those obligations have been entered into prior to being activated. Before you stop making payments or move out of your apartment, consult a legal assistance attorney for advice.

The Fort Carson Legal Assistance Division schedules appointments for the following week on the last day of the preceding week (normally Friday). The Legal Assistance Division provides appointments on Monday and Friday mornings, as well as Wednesdays. Walk-in consultations are available on a first-come, first-served basis on Monday and Friday afternoons, beginning at 1 p.m. You may also call the office at 526-5572/5573 to make an appointment for the following week.

Dining Schedule

Weekday Dining Facilities

A La Carte Facilities

43rd ASG Cheyenne Mtn. Inn (building 1040)
3rd BCT Iron Bde. (building 2061)
3rd ACR CAV House (building 2461)
3rd ACR Butts Army Airfield (building 9612)

Standard Facilities

10th Special Forces Group (A) (building 7481)

Weekday Meal Hours

Mon., Tues., Wed. and Fri.	Thur.
Breakfast 7:30 to 9 a.m.	5:30 to 7 a.m.
Lunch 11:30 a.m. to 1 p.m.	noon to 1:30 p.m.
Dinner 5 to 6:30 p.m.	4 to 5:30 p.m.

Week of Dec. 21 to Jan. 10

Exceptions

- Butts Army Airfield Dining Facility serves breakfast and lunch meals only.
- Cheyenne Mountain Inn breakfast hours are 7 to 9 a.m. Mondays, Tuesdays, Wednesdays and Fridays.
- 10th SFG (A) meal hours are the same Mondays through Fridays. It serves no dinner meal on Fridays.

Weekday Meal Hours Through Jan. 3, 2003

Breakfast	7:30 to 9 a.m.
Lunch	11:30 a.m. to 1 p.m.
Dinner	4 to 5:30 p.m.

Saturday, Sunday and Training Holiday Meal Hours

Brunch	9 a.m. to 1 p.m.
Supper	3 to 5 p.m.

Closures

Cheyenne Mtn Inn: Dec. 20 thru Dec. 27
CAV House: Dec. 28 thru Jan. 5
Iron Bde: Dec. 21 thru Jan. 5
BAAF: Dec. 20 thru Jan. 5
10th SFG: Dec. 19 thru Jan. 6

Christmas Day Menu

Dining Facilities

3rd ACR CAV House (building 2461)

Hours of Operation

Breakfast	8 to 9 a.m.
Thanksgiving Meal	11:30 a.m. to 2:30 p.m.
Dinner	4:30 to 5:30 p.m.

Christmas Day Menu

Shrimp cocktail	Beverages
Broccoli parmesan	Corn on the cob
Roast turkey	Savory bread dressing
Baked ham	Cranberry sauce
Steamship round	Turkey gravy
Mashed potatoes	Assorted cakes and pies
Candied yams	Ice cream
Salads	Mixed candy and nuts

Cost

- All active duty members receiving Basic Allowance for Subsistence will pay \$5.25.
- Retirees, guests and family members of all active duty sergeants and above will pay \$5.25.
- Family members of corporals or specialists and below pay only \$4.55.

Community

Fire safety tips for decorating this holiday season

by Chief David Bacharach

Fort Carson Fire and Emergency Services

Fort Carson Fire and Emergency Services personnel wishes the community a happy and safe holiday season.

Please remember the following safety tips when decorating for the holidays.

When purchasing artificial trees, look for a label "fire resistant." This does not mean that it won't burn, but indicates that it will resist burning.

When purchasing live trees, check for freshness. A fresh tree is green and needles are hard to pull from branches. When bent between your fingers, the needles do not break. The trunk butt of a

fresh tree is sticky with resin and when tapped on the ground, many needles should not fall off.

When setting up a live tree, re-cut the butt to a 45 degree angle. Keep tree stand full of fresh water. Sometimes a little sugar in the water will help the tree stay fresher. Place all trees away from heat sources such as heat registers and furnace vents. Place all trees out of the way of traffic and don't block doorways.

Use only lights that have been tested by a recognized testing laboratory.

Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires and loose connections. Throw away

damaged sets of lights.

Use no more than three standard-sized sets of lights per extension cord. Do not connect more than three sets of lights together. If using lights or extension cords outside, check that they are rated for exterior use.

Fasten outdoor lights securely to trees, house walls or other firm supports to protect the lights from wind damage. Use only insulated staples, not nails or tacks, to hold them in place.

Turn off all lights when you go to bed or leave home.



December is safe toy, gift month: buy children age-appropriate toys

by 1st Lt. Renee L. Busse
Community Health Nursing

Did you know that toys cause more than 16,000 injuries each year — half to children under the age of 5?

Most toy accidents result from misuse or from tripping on the toy rather than from some defect or design flaw in the toy itself.

Non-inflated balloons or pieces of popped balloons cause the most injuries to toddlers. Little ones can put them in their mouths, try to swallow them and choke, cutting off oxygen to the brain. They are the most dangerous "toy" there is for small

children.

Toy buying guide

Buy toys with safety in mind. Ask yourself, will my child use this toy the way it was intended to be used? Does it have strings, long hair or clothing that an infant could choke on? Does it shoot anything that might injure eyes? Do arms and legs of this doll pull off easily? As eye catching as a toy may be to you, it may not be suited to a toddler's age, interests or developmental stage. Read the age range given on toy packaging. Properly using a child's building blocks, for instance, requires skills too advanced

for most infants. A baby might also get hurt playing with them incorrectly or by crawling over them.

Protection from other toys

Many tots choke on the marbles, small parts or tiny batteries of toys belonging to their older siblings. A brother or sister's hobby kit or chemistry set can burn or poison an infant. Both you and your children need to be on guard. Have everyone in the family put things away and out of reach, especially before meals or whenever they leave the room. Remind your school-age children that if they leave

little toy parts lying around, they probably won't have them for long. Keep play areas separated by closing bedroom doors or installing baby gates.

When you're not at home

Even though you may have child-proofed your home, be aware that the homes of friends, neighbors and relatives offer potential hazards when you bring your baby to visit. Such outings therefore require closer supervision.

Editor's note: Information for this article was taken from Parlay International.

Community Events

Fort Carson

The Fort Carson Thrift Shop is now distributing funds to nonprofit organizations and qualifying individuals. The following are the qualifications for individuals seeking educational grants:

Must be a military family member (active or retired) and needs to have proof of enrollment from attending school.

All requests must be submitted in writing by Jan. 23, 2003, to the Thrift Store, building 1008 on Wetzel, during regular business hours or mailed to:

Fort Carson Thrift Store

P.O. Box 13812

Fort Carson, CO 80913

The Thrift Store is closed until Jan. 7 for the holidays.

Holiday spending tips

Courtesy Army Community Service, Financial Readiness Program

Christmas is just days away. This is your last weekend to purchase gifts and rack up additional Christmas debt. Now that the majority of your shopping is out of the way, it's time to concentrate on how you're going to pay off the debt.

Did your shopping exceed your monthly income? Next month will you find yourself in the waiting area of a high interest loan office? Will you go to your bank to see if you qualify for a low interest loan? Here are some tips that will assist you in getting out of the debt you created this holiday season, and possibly prevent you from encountering this situation next year.

Tips

Budget counseling — Army Community Service offers budget counseling services, debt management, and a variety of educational programs. Contact Army Community Service at 526-4590 for more information.

Shop now for next year — Take advantage of this year's after Christmas sales. The more you purchase now the less you will have to buy next year at this time

Buy one inexpensive gift throughout the year — Limit dining out during the week and purchase a gift with the extra money.

Income tax return — If you have trouble saving money throughout the year, but you will receive an income tax return, you may want to consider placing a portion of your return in a short term certificate of deposit.

For a detailed explanation of these tips, contact Army Community Service, Financial Readiness program at 526-4590.

For more information, call Gail Olsen at 526-5966.

Project Santa — Every year the Ironhorse Sertoma Club and the Fort Carson Officers' Wives' Charitable Association put together Project Santa to bring holiday cheer to children at Fort Carson. Along with the Enlisted Spouses' Charitable Organization and the Directorate of Community Activities, many people on post are dedicated to this worthy project that ensures less fortunate children a merry Christmas.

Command Financial noncommissioned officers within each unit are currently gathering information about families who may be in need during the holidays. There will be boxes placed throughout post to collect toy donations. Toys should be new, unwrapped and age appropriate for children up to the age of 17. The toys should range between \$10 to \$15. Another great way to participate in Project Santa is to make a monetary donation and the committee will purchase the gifts.

For more information, call Theresa at 576-1767 or Jessica at 576-1865.

EEO training — The Fort Carson Equal Employment Opportunity Office continues with its presentations of human relations topics for civilian employees. In January, EEO will offer the following classes:

"Building Your Super Team" — Jan. 8

"Coping with Continuous Change" — Jan. 15

"The Lighthouse of Visionary Leadership" — Jan. 22

Video Session:

"Dealing with Crisis and Transition" — Jan. 29

Classes will be conducted from 8:30 to 11:30 a.m. in the Cedar Room at the Family Readiness Center (next to the commissary). The length of the video sessions will vary. Select one or more of the classes you would like to attend. For more information, contact your training coordinator, or call EEO at 526-4413.

TSP Open Season — The Thrift Savings Plan Open Season has begun. If you are a Federal Employees Retirement System employee, you may elect to contribute up to 13 percent of your salary. If you are a Civil Service Retirement System employee, you may elect to contribute up to 8 percent of your salary.

To make a TSP Open Season election, go to www.abc.army.mil. If you would like to make your election or change through the automated telephone system, call (877) 276-9287 and follow the prompts.

Evans Army Community Hospital closures — All clinical areas and the pharmacy will be closed Tuesday, Wednesday and Jan. 1, in observance of Christmas and New Year's holidays. Services at the pharmacy will be extremely limited Dec. 31. Expect a long wait for prescriptions. Most of the Evans Army Community Hospital Clinics will be closing at noon today for staff activities. The main hospital Outpatient Pharmacy will close at 2 p.m. to allow the pharmacy personnel to participate in similar activities.

The Evans Emergency Department and Primary Acute Care Clinic 526-7838 will be open today to see emergency and acute patients. The Emergency Department will be open all other holidays for emergencies.

Around town

Santa's Ice Cream Shoppe — The Armed Services YMCA, located at 2190 Jet Wing Drive, will hold a Santa's Ice Cream Shoppe Sunday for military families only. The



**Army Community Service
Family Readiness Center
526-4590**

SPANISH SPEAKING SUPPORT GROUP

*Algo nuevo en ACS Fort Carson
para las esposas latina.*

New to Colorado Springs?

*Si extranas hablar Espanol
este es una buena oportunidad de
inscribirte en el club latino
de ACS Fort Carson.*

*Do you miss speaking Spanish
with your friends?*

DONDE?

The Family Connection, Bldg. 1354

526-1070

CUANDO?

*El cuarto martes de
cada mes, hora 10a.m. a 12 p.m.*

*Fourth Tuesday of the
month, 10 to 12 a.m.*

*Madres and ninos latinos son bienvenidos.
Spouses and children welcome.*

event will be from 1 to 3:30 p.m. and is for children ages 3 to 10. This event will be filled with crafts, ice cream and a special visit from Santa Claus. For more information or to sign up, call 622-9622.

Reward — Between Sept. 6 and Sept. 16, unknown person(s) by unknown means gained access to the regimental headquarters and Headquarters Troop, 3rd Armored Cavalry Regiment conference room, building 2352. The person(s) pried away a locked security cable attached to a Toshiba data projector, model number TLP 450, serial number 69691451 and then stole the projector. The Criminal Investigation Detachment is offering a \$200 reward for any information that leads to the recovery of the projector and successful conviction of the perpetrator(s). Any information concerning the investigation should be provided to Special Agent Timothy E. Bombard, 48th Military Police Detachment at 526-3579.

Santa's helper

Maj. Stephen Elle, 1st Satellite Control Battalion, U.S. Army Space Command, proves that even when dressed as one of Santa's helpers you still have to keep yourself physically fit. Elle and members of the SATCON Battalion perform cool down exercises following the annual Army Space Command Holiday Fun Run Dec. 16 at Peterson Air Force Base.



Courtesy photo by Army Space Command

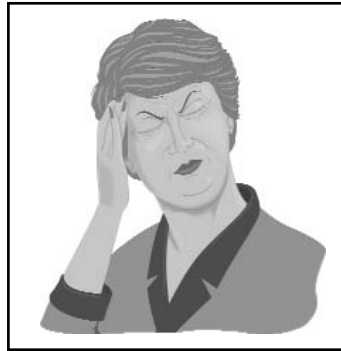
Migraines are a pain, but treatment doesn't have to be

TriWest Healthcare Alliance

There isn't anything like a migraine headache. The pain — which can range from a dull ache to an intense throbbing — is not only difficult to bear, but often quite challenging to treat as well. Once a migraine has taken hold, pain can be localized or shift from one side of your head to the other. Those suffering can become sensitive to light, odor and sound; nauseated to the point of vomiting; dizzy, fatigued and feverish.

Depending on the severity, migraines can last from four hours to three days — during which time the pain can be unmanageable; daily life can be dramatically affected; and emotional stability can be tested. While approximately 28 million Americans suffer from migraines (which may be hereditary), those affected experience different symptoms and require individualized treatment.

If you're suffering from migraines, finding just the right treatment to address the pain and associated symptoms can be difficult for both you and your provider. The task is complicated by the variety of triggers that can cause a migraine. Migraines can be triggered by any number of factors including weather changes, hormonal



activity, emotional stress or sensitivity to certain foods. You can assist in finding an effective means of treatment by monitoring your migraines and providing as much pertinent information as possible to your provider. Following are suggested measures migraine sufferers might take:

1. Keep track of your migraines and associated symptoms, including triggers, duration of pain, intensity of pain, alleviation measures and other specifics. To assist you with this monitoring process, a printable headache diary is available on the American Council for Headache Education Web site at www.achenet.org/resources. You may also call (800) 255-ACHE for assistance.
2. Recall what you ate prior to a migraine to help identify possible chemical triggers that may be addressed through dietary changes.
3. Monitor the association of migraines and menstrual cycles, if applicable, to determine if hormone changes are responsible for recurring headaches.
4. Eat on a regular schedule, get adequate rest, and maintain a regular, moderate exercise regimen.
5. Make a list of questions before all provider appointments to help ensure your concerns are addressed

during the visit.

6. Seek care promptly at the first sign of headache pain or associated symptoms. Early treatment is more effective than treating a full-blown episode.

7. Bring to your provider appointment a list of all the medications or supplements you take on a daily or routine basis for any condition. This is important because certain medications can counteract treatment for migraines and certain conditions can trigger or intensify migraines. For example, the most common conditions that can trigger migraines include asthma, chronic fatigue syndrome, hypertension, stroke, depression and anxiety.

By keeping track of your migraines and the symptoms and triggers associated with them, you can help yourself and your provider get ahead of the pain.

Migraine Resources

American Council for Headache Education

www.achenet.org

(800) 255-ACHE (2243)

American Headache Society

www.ahsnet.org

(856) 423-0043 (long-distance charges may apply)

National Headache Foundation

www.headaches.org

(888) 643-5552

Allergy relief — Claritin now available without a prescription

TriWest Healthcare Alliance

Effective Dec. 11, Claritin(r), Schering's brand of loratadine, is available without a prescription. Claritin(r) is one of the leading non-sedating antihistamines used for the relief of nasal and non-nasal symptoms of seasonal allergic rhinitis, and for the treatment of chronic idiopathic urticaria (allergic hives associated with severe itching) in patients 2 years of age or older. Claritin(r) is available in tablets, syrup, Reditabs (rapidly-disintegrating tablets) and Claritin-D(r) (decongestant) 12-hour tablets. Previously, a doctor's prescription has been required to obtain Claritin.

On Nov. 27, the Food and Drug Administration concurred that Claritin is safe and effective for the self-administra-

tion treatment for allergies, and granted over-the-counter status for all Claritin products. TriWest Healthcare Alliance expects that Claritin(r) will be available at military commissaries and base/post exchanges in the near future. Other manufacturers will soon sell loratadine under their brand name, e.g., Alavert(r) by Wyeth-Ayerst. In addition, "store brand" OTCs are also expected to be available soon. Drugs that are available over-the-counter, including compounded preparations, are excluded from coverage and cost-sharing under the TRICARE program.

Please note: It is important that patients discuss their non-sedating antihistamine treatment needs with their providers before any changes are made to

their therapy.

Allegra(r), AstraZeneca's brand of fexofenadine, is the Department of Defense's preferred non-sedating antihistamine prescription drug. Allegra is on the military treatment facility's Basic Core Formulary. This means you can have an Allegra prescription written by a military or civilian doctor filled at MTF pharmacies at no cost to you.

If it is not convenient for you to access an MTF pharmacy, Allegra is readily available from the National Mail Order Pharmacy program, where TRICARE beneficiaries can get up to a 90-day supply for just one \$9 copayment. NMOP

information and order forms are available by calling (800) 903-4680 or by visiting www.merckmedco.com.



You can also get up to a 30-day supply of Allegra from retail network pharmacies for one \$9 copayment. You can save money and get up to three times the amount of a prescription drug from the NMOP as you can from retail network pharmacies for the same copayment.

If you have any questions regarding your TRICARE Pharmacy benefit or this issue, please call TriWest's Pharmacy department toll free at (800) 871-5079, extension 2143, Monday through Friday from 7 a.m. to 4 p.m. CST.

Chaplain's Corner

Bring fears out darkness, light a candle this holiday season

Commentary by Chap. (Lt. Col.) Scottie Lloyd
Deputy Command Chaplain

Amnesty International tells an interesting story that recently happened in their Urgent Action Network.

"His name is Constantino, and for years he was held in a tiny cell; his only human contact was with his torturers. He said:

"I did not experience a human face or see a green leaf, and my only company was cockroaches and mice. The only daylight that entered my cell was through a small opening at the top of one wall. For eight months I had my hands and feet tied.

"On Christmas Eve, the door to my cell opened and the guard tossed in a crumpled piece of paper. I moved as best I could to pick it up. It said simply, 'Constantino, do not be discouraged; we know you are alive.' It was signed "Monica" and had the Amnesty International candle on it."

I was deeply moved by this story and couldn't help connecting the image of the candle and the holiday season we are in. December is the darkest time of the year. Here in Colorado it's frequently among the coldest. It is a time when many far from home can feel more keenly alone or trapped with feelings of depression, stress and regret. We can be like Constantino, bound by concerns or failures, and

imprisoned by feelings in conflict with the holiday pressures to be merry.

But there is a light, like Monica's message, wrapped in a picture of a candle. That light is a real hope that changes feelings, lives and fortunes.

Jewish folks celebrate this light by the menorah and its miraculous tale. A revolt had occurred among the Jewish people for freedom from their foreign conquerors. When the temple in Jerusalem had been taken, they attempted to burn a special lamp to rededicate the temple. There was only enough oil for a couple of days. God created a miracle and the lamp burned brightly for all eight days in spite of the shortage of oil. It became a symbol of God's enabling freedom for his people.

Christian's light of hope emanates from a child named Jesus born into the world who is crowned the Christ — the son of God. This child becomes the savior of the world. His story travels from crib (Bethlehem) to cross (Calvary) to Pentecost (Jerusalem) and beyond. Jesus brings love, forgiveness, and new hope for those imprisoned in body, mind and spirit. A simple

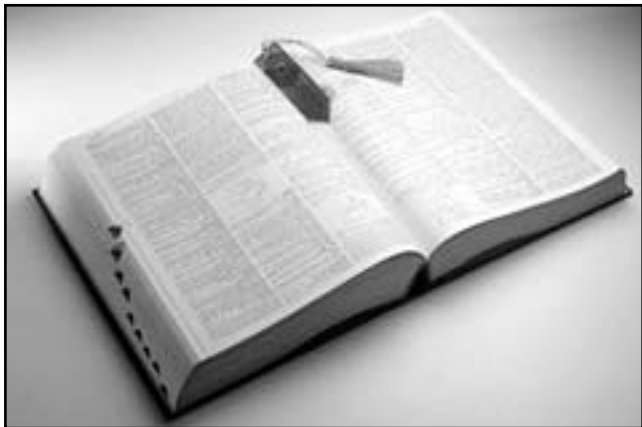
light in a vast darkness, yet as the old Chinese saying goes, "Better to light one candle than curse the darkness."

I invite you to light one candle this season against any fears or pressures you may have. Whatever binds you, restrains you, limits you, be free again. Light a candle by attending the worship of your faith. Re-read the story of God's love and hope for you in the Bible or the Torah. Reach out to another and share the gift of yourself and allow others to share their gifts with you. In doing so, your discouragement will turn to strength and ultimately freedom, from what holds you back. Because in that worship and reading and sharing, you will rediscover that God knows you're alive and he loves

you and has much to share with you.

This is a light that cannot be extinguished. This is the light we celebrate in story and song. This is the light that has come into our world. This is the light that sets us free to truly celebrate a reason for this holiday season.

Rejoice, the Lord is with us.



Chapel

Chapel Holiday Schedule — Advent
Communal Penance Service (Catholic): Tuesday, 7 p.m., confessions and Sacrament of Reconciliation at Soldiers' Memorial Chapel.

Christmas Eve and Christmas Day —
Tuesday, 5 p.m., Children's Mass (Catholic) at Soldiers' Memorial Chapel. Tuesday, 7 p.m., Christmas Eve Candlelight Service (Protestant). Wednesday, Midnight, Midnight Mass (Catholic), Soldiers' Memorial Chapel. Wednesday, 10 a.m., Christmas Day Mass (Catholic) at Soldiers' Memorial Chapel. Wednesday, 10:30 a.m., Christmas Day Lutheran Communion Service at Provider Chapel.

Holy Day Masses — Feast of Mary, Mother of God: Dec. 31, 7 p.m.; Jan. 1, 10 a.m., New Year's Day Mass (Catholic), Provider Chapel.

Couples — A new time of study and conversation for young couples begins at Soldiers' Memorial Chapel, building 1500 (next to the post exchange), Sundays at 10 a.m. This group is for couples with or without children. Child-care is provided free. If your spouse is deployed, please come — this is for you. The group will discuss and explore topics of interest both in and outside the Bible. For information, call the Soldiers' Memorial Chapel at 526-8011.

Faith Weaver — Helping families build faith. Faith Weaver is offered every Sunday at Soldiers' Memorial Chapel. Faith Weaver is a traditional Protestant Sunday School for all ages, including adults. The service meets at 9:30 a.m. Sundays at the chapel. For more information, call 526-5625.

Chapel Schedule

ROMAN CATHOLIC					
Day	Time	Service	Chapel	Location	Contact Person
M-W-F	noon	Mass	Healer	Evans Army Hospital	Chap. Stahl/526-5769
Tues., Wed., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769
Sunday	8 a.m.	Mass	Prussman	Barkeley & Prussman	Chap. Stahl/526-5769
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769
Sunday	10:45 a.m.	CCD	Soldiers'	Nelson & Martinez	Jim Sciegel/526-5744
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Chap. Stahl/526-7386
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Stahl/526-5769
PROTESTANT					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Simmons/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Satterfield
Sunday	9:30 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Fox/526-4416
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Kincaid/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Lee/526-4469
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Pair/526-2811
Sunday	6:30 p.m.	PWOC	Soldiers'	Nelson & Martinez	Ms. Scheck/524-1166
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Kincaid/526-8011
LUTHERAN					
Sunday	10:45 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Bauer/526-5279
JEWISH					
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.					
WICCA					
2nd and 4th Tuesday	6:30 p.m.		Family University	Barkeley & Ellis	Information: 526-8013
For additional information, contact the Installation Chaplain's Office, building 1550, at 526-5209. Normally, free child-care is available during on-post worship services.					

Daily Bible readings: In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

Today — Psalms 19 & Isaiah 34-36
Saturday — Psalms 20 & Isaiah 37-39
Sunday — Psalms 21 & Isaiah 40-42
Monday — Psalms 22 & Isaiah 43-45
Tuesday — Psalms 23 & Isaiah 46-48
Wednesday — Psalms 24 & Isaiah 49-51 and Luke 2:1-20
Thursday — Psalms 25 & Isaiah 52-54

The Army Cycle Of Prayer — Each week the Office of the Army Chief of Chaplains highlights Army units, the Army at large, the nation and religious organizations to focus prayer. You are invited to join with the chaplain community and pray for these individuals and organizations. Please pray this week for the following:

Unit: For the soldiers, noncommissioned officers and officers of the XVIII Airborne Corps located in Fort Bragg, N.C.

Army: For Maj. Gen. John Marcello, commanding general, U.S. Army Test and Evaluation Command and for the soldiers, noncommissioned officers and officers assigned to this command.

State: For all the soldiers and families from the state of West Virginia. Pray also for Gov. Bob Wise, the state legislators and local officials of the "Mountain State."

Nation: For Post Master General John E. Potter and the postal workers of America delivering our mail and packages, especially during this holiday season.

Religious: For all who share the joy of family and traditions centered around the celebration of Christmas.

For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle's Web site at www.usarmychaplain.com.

Chapel

Lutheran worship — The Lutheran worship service meets at Provider Chapel at 10:45 a.m. on Sundays. While the congregation uses The Lutheran Book of Worship (the “green book”), the worship follows the historic form and substance of Holy Communion as handed on through the years in the liturgical tradition. The Eucharist will be offered weekly. All members of the Mountain Post Team who are of the Lutheran faith, those interested in the Evangelical Lutheran Church, or those who prefer traditional worship, are cordially invited to attend. If you have questions, please call Chap. (Maj.) John Bauer at 526-0480 or Chap. (Capt.) Leif Espeland at 526-5772.

Protestant Sunday School 2002 — Soldiers’ Memorial Chapel is sponsoring a new Sunday adventure each week at 9:30 a.m. Children will enter the fun world of firelight crafts, activities, drama and building new relationships, while experiencing the world of the Bible. Children must be at least 4 years old to register. Registration is ongoing Sunday mornings at Soldiers’ Memorial Chapel, building 1500. Volunteer positions are available. For information, contact Dennis Scheck, 526-5626.

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) — offered to military personnel, family members and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Call 382-5331 or (330-9537 for ceremonial information and directions.

Youth of the Chapel — Activities for Protestant and Catholic Middle and High School youth are Tuesday evenings, 6 p.m. at Soldiers’ Memorial Chapel. Protestant High School activities include Bible Studies Sunday, 9:30 a.m., and Tuesdays 6 p.m. at Soldiers’ Memorial Chapel. Catholic youth classes meet at 10:45 a.m., Sundays at Soldiers’ Memorial Chapel.



Photo by Spc. Stacy Harris

Happy Birthday ...

Lynn Wilson, wife of the 7th Infantry Division and Fort Carson commanding general, right, and Sue Teeples, Army Family Team Building advisor, cut a cake during a ceremony at the Fort Carson Post Exchange Monday celebrating AFTB’s eighth birthday. During the ceremony, participants not only celebrated a birthday, but celebrated the accomplishments of five Fort Carson AFTB Master Trainers: Brenda Keller, Karen Lloyd, Connie Roy, Lesa Stowell and Jessica Nadal. The Master Trainers attended training which allows them to not only teach classes, but teach the instructors as well. AFTB classes are offered to assist soldiers and family members with the challenges of military life.

Dental care information for retirees, family members

Courtesy Evans Army Community Hospital

Optimal Dental health can best be achieved through regular dental checkups and treatment by a licensed dentist. Early detection and treatment of dental problems is the best method to prevent emergency problems, toothaches, abscesses or infections.

When military families arrive at a new stateside duty station, since they cannot be seen at a military facility, it is strongly encouraged that they seek a civilian dentist as soon as possible to continue their six month checkups, cleanings and any needed treatment.

According to Congressional guidelines, and as a result of increased demand for dental care at military clinics by active duty, National Guard and Reserve Component soldiers, space available emergency care will be extremely limited and not readily accessible for retirees or family members.

For further information on the government sponsored Military Dental Programs, contact your TRICARE Health Benefits Advisor. The following resources are also available to assist in locating a civilian dentist in your area:

**United Concordia/Tricare
Dental Program
(AD Family Member
Dental Program)**
www.ucci.com
(800) 866-8499

**Delta Dental of California
(Retiree Dental Program)**
www.deltadentalca.org
(888) 336-3260

Colorado Springs Dental

Society:
www.csds.com
598-5161

**Academy of General
Dentistry:**
www.agd.org
(877) 2X-A-Year
(877) 292-9237

**American Dental
Association**
www.ada.org



Photo by Spc. Stacy Harris

Wrapping up the holiday season ...

Amanda Vanderford, Family Readiness Group leader, B Troop, 9th Cavalry Regiment, wraps a gift for customers in the Fort Carson Post Exchange Monday. The gift wrapping is part of a fundraiser for the Family Readiness Groups and will continue until Christmas Eve.



After singing "God Bless America," newly-naturalized soldiers, airmen, family members and a crowd of supporters wave flags. Of the 58 service members naturalized during the hour-and-a-half-long ceremony, 50 were Fort Carson soldiers.

by Spc. Matthew Millham

Pr☆ud t☆ be an American

Executive order gives servicemembers chance to become U.S. citizens

by Spc. Matthew Millham
14th Public Affairs Detachment

Three years ago, Spc. Monika Comeaux of A Company, 52nd Engineer Battalion, Heavy, was working in Hungary as a contract linguist for the U.S. Army. At the time she was a Hungarian citizen. She soon moved to the United States and within six months had joined the U.S. Army.

"Deep down I knew I would join the Army," said Comeaux.

Comeaux was one of 50 foreign-born soldiers adopted as American citizens Wednesday in a ceremony at Waller Gym. It was the largest naturalization ceremony ever held here.

"We planned this ceremony so the whole military family could be a part of it with them," said Donna K. Finney, client operations and relocation manager for ACS. In addition to the soldiers who got their citizenship, there were eight members of the Air Force and four family members of servicemembers, said Finney.

The soldiers and airmen who were naturalized were taking advantage of an executive order signed by President George W. Bush in July that allows active duty military personnel serving since Sept. 11 to apply immediately for citizenship. The normal waiting time for non-citizens in the military to gain citizenship is three years.

Eight years and 29 days is the maximum amount of time a foreign citizen can serve in the U.S. military without obtaining American citizenship. This cap on foreigners serving in the U.S. military can mean the

loss of good soldiers or an early end to a career.

"I want to make a career out of the Army," said Comeaux.

This meant dropping her allegiance to her former home and adopting the United States as her new homeland. The executive order is making it easier for her to recognize her goal. With just two years time in service, Comeaux is now a legal citizen of the United States.

Granting immediate access to U.S. citizenship to military members is not unprecedented according to the Army News Service. Similar executive orders were issued as far back as the Korean War and as recently as the Gulf War.

Sgt. Jacklyn S. Rocha of D Detachment, 502nd PSB has been tasked with finding and contacting foreign-born soldiers at Fort Carson about obtaining citizenship. Rocha and 502nd PSB processed all 50 soldiers who were granted citizenship in this ceremony.

"They (502nd PSB) were ahead of the pack. They deserve kudos for all they've done," said Danny Anderson, a district adjudications officer for the Immigration and Naturalization Service in Denver.

"As I was going through all the names of the people who are getting citizenship there were some who had put their packets in back in January and I noticed there was one (person who) submitted his packet Oct. 26 and that was an amazing turnaround," said Rocha.

"You know what the sad part is?" said Finney. "There are people spending thousands of dollars on the outside for the same service we provide here. People may think they are going to get better service outside of

the Army, but they are getting the same result."

Foreign soldiers must meet most of the same criteria as other non-citizens seeking citizenship in order to qualify for immediate citizenship. Only the time in service requirement is waived.

In order to qualify for citizenship, soldiers must be serving honorably and go through an application and interview process that includes a background check, fingerprinting, pictures and face-to-face interviews with INS agents. The cost of the process is \$310.

Anderson makes the trip down to Fort Carson from the INS's Denver office twice a month to help foreign soldiers with immigration and naturalization issues.

"Some soldiers may have had permission to work in the United States, but were not lawful permanent residents and were not eligible for service and got in anyway," said Anderson. "This executive order wipes out any illegal entry into the United States," he said.

Essentially, this executive order gives legal citizenship to all foreign-born soldiers who meet all of the regular criteria for citizenship.

"A lot of people in the military are concerned about being separated from their families," said Anderson. "They want to know, 'how can I get my family straight.' We help them with these issues."

After the ceremony was over, Pfc. Tolvydas Makarovas, who came to the United States from Lithuania when he was 14, stood in a circle with a group of friends. He wasn't sure what citizenship meant for him exactly, but he smiled broadly. "I'm lost for words," he said.



Sixty-two soldiers, airmen and military family members listen as Judge James P. Vandello, a U.S. immigration judge, recites the oath of allegiance, which marks the beginning of their American citizenship.



After receiving certificates and their citizenship, the new Americans listen to the closing remarks given by Col. Kevin A. Collins, vice commander of the 10th Air Base Wing, U.S. Air Force Academy. The ceremony included military members from Fort Carson, Peterson Air Force Base and the U.S. Air Force Academy.

Steps to become a U.S. citizen

When soldiers in-process at the Welcome Center, they fill out a form indicating their citizenship status. If they are not a citizen of the United States, they are put into a database that makes its way to 502nd Personnel Services Battalion. Sgt. Jacklyn Rocha at 502nd PSB contacts soldiers on the list about naturalization.

After soldiers are contacted, they must go to 502nd to begin a background check. They can also get a study guide, which lists what he or she needs to know to become a U.S. citizen. Some basic knowledge of American history and government, as well as how to read, write and speak basic English, are required to become a citizen.

After the background check is completed, the applicant must fill out paperwork to get fingerprinted. Following fingerprinting and a background check, applicants have to bring a money order for \$310 to 502nd PSB to cover the cost of naturalization. This fee is the same for civilians and servicemembers.

The applicant will have to meet face-to-face with an INS agent to help determine eligibility. If applicant's application is accepted, he or she will be scheduled for a public oath ceremony where he or she will be required to take an oath of allegiance to the United States immediately prior to becoming a citizen.

The family of servicemembers can go through the process of naturalization through Army Community Service.



Out & About

21 - 27 Dec 2002

Proudly Brought to You by Your Fort Carson Directorate of Community Activities, Bldg. 1217 Specker Ave. 719-526-3161
Visit us at www.ftcarsonmwr.com

Coming to
Fort Carson Soon!

8 TO THE



Christmas Basketball Tournament Racquetball Tournament

Open to Fort Carson Military Community (Adults)

17-23 December 2002

McKibben Physical Fitness Center
Bldg. 1160 Ellis Street
719-526-2742

Waller Physical Fitness Center
Bldg. 2357 Magrath Avenue
719-526-2742

Preregistration required

For more information contact **526-2597**

The Fort Carson DCA Holiday Schedule - 2002 / 2003

RECREATION DIVISION:

McKibben Fitness Center:

18 Dec 02, Closed at 4 pm
24 Dec 02, Open 6 am - 1:30 pm
25 Dec 02, Closed
31 Dec 02, Open 6 am - 1:30 pm
1 Jan 03, Closed

Waller Fitness Center:

18 Dec 02, Closed at 4 pm
24 Dec 02, Open 10 am - 5 pm
25 Dec 02, Open 6 pm - 6 pm
31 Dec 02, Open 10 am - 5 pm
1 Jan 03, Closed

Garcia Fitness Center:

18 Dec 02, Closed at 4 pm
24 Dec 02, Closed
31 Dec 02, Open 10 am - 5 pm
1 Jan 03, Open 6 am - 6 pm

Forrest Fitness Center:

18 Dec 02, Closed at 4 pm
24 Dec 02, Open 10 am - 5 pm
25 Dec 02, Closed
31 Dec 02, Open 10 am - 5 pm
1 Jan 03, Closed

**ALL OTHER FITNESS CENTERS ARE
CLOSED ON THE HOLIDAY.**

GRANT LIBRARY:

18 Dec 02, Closed for DCA Christmas Party
21, 22, & 23 Dec 02, Open 10 am - 6 pm
24 & 25 Dec 02, Closed
26, 28, 29, 30, & 31 Dec 2002, Open 10 am - 6 pm
27 Dec 02, Open 10 am - 5 pm
1 Jan 03, Closed

OUTDOOR RECREATION:

EQUIPMENT CHECKOUT CTR & MTN POST OUTFITTERS

Equipment Rental Center will remain
open normal hours on 18 Dec 02,
Mountain Post Outfitter will close
at 4 pm on 18 Dec 02
24 Dec 02, Open 10 am - 4:30 pm
25 Dec 02, Closed
31 Dec 02, Open 10 am - 4:30 pm
1 Jan 03, Closed

INFORMATION, TICKETS & INFORMATION:

18 Dec 02, ITR will close at 4 pm
24 Dec 02, Open 10 am - 4:30 pm
25 Dec 02, Closed
31 Dec 02, Open 10 am - 4:30 pm
1 Jan 03, Closed

AUTOCRAFT CENTER:

18 Dec 02, Closed at 4 pm
25 Dec 02, Closed
1 Jan 03, Closed

SMITH WOODCRAFT CENTER:

18 Dec 02, Closed at 4 pm
25 Dec 02, Closed
1 Jan 03, Closed

MULTICRAFT CENTER:

18 Dec 02, Closed at 4 pm
25 Dec 02, Closed
1 Jan 03, Closed

INDOOR POOL:

18 Dec 02, Closed at 4 pm
24 Dec 02, Open 10:15 am - 6 pm
Lap Swimming 11 am - Noon
Open Swimming Noon - 5:45 pm
25 Dec 02, Closed
31 Dec 02, Closed
1 Jan 03, Closed

CHILD AND YOUTH SERVICES:

East CDC (Bldg 6058)

24, 25 Dec 02, Closed
1 Jan 03, Closed

West CDC (Bldg 6060)

24, 25 Dec 02, Closed
1 Jan 03, Closed

SAS (Bldg 5510)

24, 25 Dec 02, Closed
1 Jan 03, Closed

YS (Bldg 5950)

24, 25 Dec 02, Closed
1 Jan 03, Closed

Central Registry

24, 25 Dec 02, Closed
1 Jan 03, Closed

BUSINESS DIVISION:

Elkhorn Catering & Conference Center

23 Dec 02, - Open 1/2 day
24 Dec 02, Closed
25 Dec 02, Closed
26 Dec 02, Open 1/2 day
27 Dec 02, Open 1/2 day
30 Dec 02, Open 1/2 day
31 Dec 02, Open 1/2 day
1 Jan 03, Closed
2 Jan 03, Open 1/2 day
3 Jan 03, Open 1/2 day

Fort Carson Bowling Center

24 Dec 02, Open until 4 pm
25 Dec 02, Closed

Fort Carson Golf Club

24 Dec 02, Open 8 am - 2:30 pm
25 Dec 02, Closed
31 Dec 02, Open 8 am - 2:30 pm
1 Jan 03, Open 8 am - 5 pm

Neon Sports Saloon

Closed effective 20 December and
will not re-open

Turkey Creek Ranch

25 Dec 02, Closed

Colorado Inn Lodging Facility

Open daily 6:30 am - 1:30 am

NAF PROCUREMENT:

NAF Procurement:

20 - 27 Dec 02, Closed
1 Jan 03, Closed

NAF Civilian Personnel Unit:

NAF CPU

25 & 26 Dec 02, Closed
23, 24, & 27 Dec 02, Minimal staffing
1 Jan 03, Closed

For Information about programs
and events, visit us at:
www.ftcarsonmwr.com

Morale, Welfare and Recreation
at Fort Carson, Colorado
"Our Home Town"
"Serving those who serve America"



Sports & Leisure

Get in shape for free ...

FitLinxx program can help you reach fitness goals

by **Bill Scharton**
Mountaineer staff

Lorri Martindale, a Forrest Fitness Center fitness specialist and Post FitLinxx coordinator, says you might want to give FitLinxx a try if

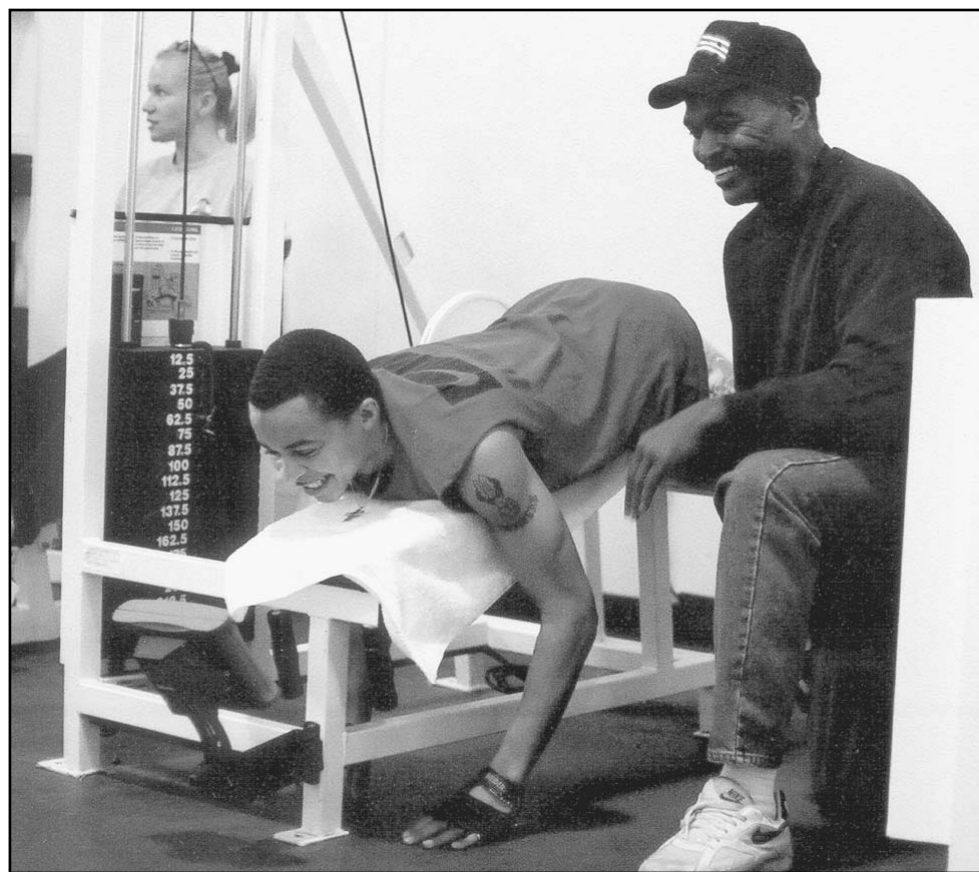
physical fitness improvement is on your New Year's resolution list. According to Martindale, FitLinxx provides technology based solutions for people to succeed in fitness and healthy living. FitLinxx uses systems, software and the Internet for effective and efficient fitness delivery.

At Fort Carson, FitLinxx is available at Forrest Fitness Center (three trainers), Garcia Physical Fitness Center (two trainers) and the Wellness Center (four trainers).

"FitLinxx is a computerized workout program," said Martindale. "It is based on individual workout needs and desires."

For example, individual workouts can be established for weight loss, rehabilitation, strength, toning, and flexibility. The personal information of the FitLinxx application tailors the program to the individual. Individuals can use the FitLinxx program by themselves, with partners or with the assistance of a certified personal trainer.

"(FitLinxx) is a free service for Fort Carson active duty, (family members) and civilian employees," said Martindale. "The trainers are available by appointment and are available to customize a workout program and to help track program



Photos by Bill Scharton

Nick Nicholson, a certified personal trainer at Forrest Fitness Center, provides encouragement and guidance to Doswell Carter during a FitLinxx workout.

progress."

In 2003, Martindale hopes more FitLinxx coordination with the master fitness trainers in each unit will take place.

"We can work with the unit master fitness trainer to structure programs for their individual unit needs," said Martindale. "FitLinxx has a lot to offer to everyone."

Upcoming classes, winter hours for Fort Carson recreation centers

by **Bill Scharton**
Mountaineer staff

Winter hours at the Fort Carson indoor pool stay the same in 2003.

Lap swimming takes place from 6:30 to 8:30 a.m. Mondays, Tuesdays, Thursdays and Fridays.

Pregnancy water aerobics runs from 6:30 to 8:30 a.m. Wednesdays.

Senior swim takes place from 10:30 to 11:30 a.m. Mondays, Wednesdays and Fridays. Low impact water aerobics are staged from 10:30 a.m. to 11:30 a.m. Tuesdays and Thursdays.

Lap swimming also goes each weekday from 11:30 a.m. to 1 p.m. and open swim runs from 1 to 5 p.m. each weekday. Lap swimming is from 11 a.m. to noon and open swim is from noon to 6 p.m. Saturdays, Sundays and holidays.

High impact water aerobics take place from 5 to 6 p.m. Tuesdays and Thursdays. Swim lessons are taught from 5 to 6 p.m. Mondays, Wednesdays and Fridays. Pre-school swim lessons are taught from 10:15 to 11:15 a.m. Saturdays. Swim team practice and lap swim runs from 6 to 8 p.m. each weekday except Thursday.

The popular family night swim will be held Thursdays from 6 to 8 p.m. For additional information, call the pool at 526-3193.

The Forrest Fitness Center class schedule for the new year includes:

Step classes take place at 5:30 p.m. Mondays and Wednesdays and 5 p.m. Fridays.

Kickboxing and tone classes are scheduled from 6:30 p.m. Mondays and Wednesdays. Kickboxing

(only) classes will be at 5:30 p.m. Thursdays and 9:30 a.m. Saturdays. Hip Hop classes will be at 6:30 p.m. Tuesdays and 6 p.m. Fridays.

Yoga/Piyo classes take place at 5:30 p.m.

Tuesdays, 9:30 a.m. Fridays and 10:45 a.m.

Saturdays. The 20/20/20 classes are scheduled for 9:30 a.m. Mondays and Wednesdays, 4:30 p.m.

Tuesdays and Thursdays, and 8:30 a.m. Saturdays.

Spinning classes will be at 5:45 p.m. Mondays, Tuesdays and Wednesdays, 6:35 a.m. Tuesdays, 3:30 p.m. Thursdays, and 9:30 a.m. Saturdays.

Classes can be arranged for teams and groups with advance notice. For additional information, call the fitness center at 526-2706.

Hunter's Education Classes will be taught from 5

p.m. to 9 p.m. Jan. 21, 22 and 23. Classes take place at the Outdoor Recreation Complex (building 2429) and the cost is \$10 per class. For additional information or registration, call 526-2083.

Several adventure programs are slated for the winter months.

The rock climbing introduction class takes place Jan. 9 and 23 and Feb. 6 and 20. The ice climbing introduction class is scheduled for Jan. 4 and 26 and Feb. 8 and 14.

Snowshoeing and cross country skiing classes are slated for Jan. 25 and Feb. 22.

Bus ski trips are scheduled for Jan. 4, 11, 18, 20 and 25 and Feb. 1, 8, 15, 17 and 22. For additional information, call either 526-8353 or 526-2083.



Photo by Bill Scharton

Water aerobics are a popular activity at the indoor pool. Low impact water aerobics are staged from 10:30 a.m. to 11:30 a.m. Tuesdays and Thursdays.



7th Grade Carson basketball ...

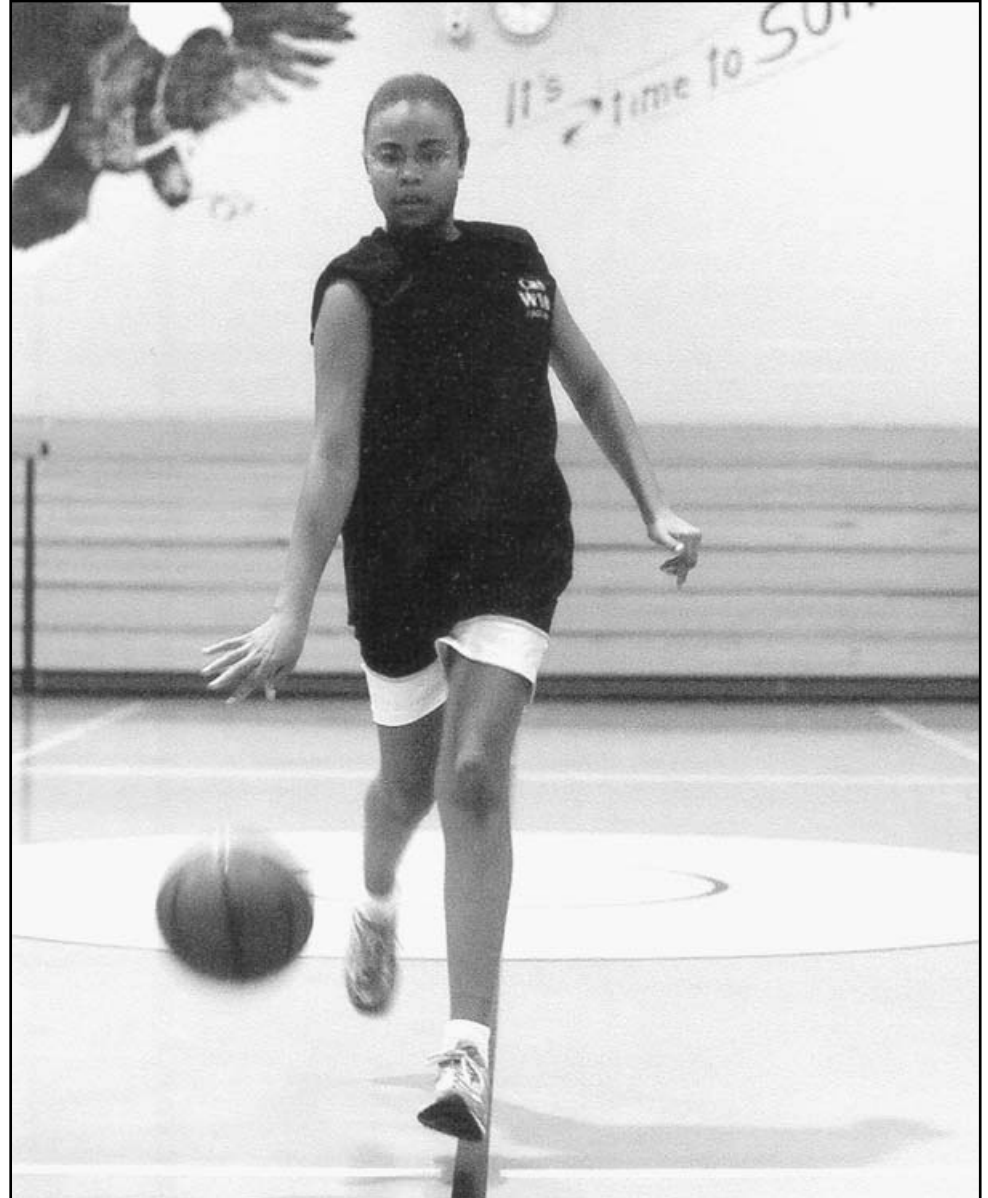
Above, Coach Michael Burket conducts practice and tryouts for the 7th Grade girls' basketball team at Carson Middle School. Right, Candice Buckles goes through a timed dribbling drill during tryouts for the 7th Grade girls basketball team at Carson Middle School.

Carson Middle School girls basketball tryouts and practice for both the 7th and 8th Grade teams got underway Dec. 9.

The first game for both teams will take place at Carson Middle School Jan. 8.

The 7th Grade game will tip off first at 3:30 p.m. followed by the 8th Grade contest.

The Eagles' 7th Grade girls' basketball team will be coached by Michael Burket this winter. Coaching the 8th Grade girls basketball contingent will be Kary Gunkel.



Photos by Bill Scharton

Volksmarch

The Falcon Wanderers Volksmarch Club of Colorado Springs is sponsoring a five kilometer and a 10 kilometer volksmarch event Jan. 4.

The start and finish for the volksmarch is the Briargate Family Center YMCA, 4025 Family Place in Colorado Springs.

Participants may start the volksmarch any time between 8:30 a.m. and noon. The volksmarch is free and open to the public. All participants under the age of 12 must be accompanied by an adult.

The Falcon Wanderers Volksmarch Club of Colorado Springs is a non-profit association. A volksmarch is a non-competitive walking event.

For additional information, call Annette Kester at 392-1834.

Ski trip

There will be a ski trip to Copper Mountain Saturday for single soldiers.

The cost of the trip is \$17.50 per person and includes transportation and lift ticket. Equipment is not provided. Equipment is available for rental at the Outdoor Recreation Complex prior to the day of the trip.

Participants should arrive at the Outdoor Recreation Complex (building 2429) at 5:30 a.m. Vans will depart at 6 a.m. The event is sponsored by Better Opportunities for Single Soldiers. For more information, call 524-2677.

Navy quarterback runs for six TDs against Army in 103rd match-up

by Chris Walz
Army News Service,
EAST RUTHERFORD,

N.J. — Navy quarterback Craig Candeto set the record books ablaze at the 103rd Army-Navy game, rushing for six touchdowns and throwing for another en route to a 58-12 victory over Army at the Meadowlands Dec. 7.

"It felt like a dream," Candeto said. "It was almost like I was unconscious. I hope I won't wake up."

The junior quarterback scored twice from one yard out to give the Midshipmen a 14-3 advantage. Candeto continued his record-setting day by scoring from 42 yards, seven yards and three yards before throwing a 23-yard touchdown pass to running back Tony Lane. Fittingly, Candeto scored his final points of the day with a one-yard touchdown plow with 5:43 left in the third quarter.

"Every time (Army) tried to change things up, we went where we should go," said

Navy coach Paul Johnson. "I don't think any of us could have dreamed the game could have gone in that direction," said Black Knights' coach Todd Berry. "You don't ever expect that to happen. I've been around this game for a while. This has to be the toughest one."

"You're going to have tough days," said Secretary of the Army Thomas White on the Army sideline. "The difference is what's going to happen after the tough days. We'll be coming back (next year)."

Both teams entered this year's game with 1-10 records. Before Saturday's game, both teams had scored exactly 177 touchdowns in their 102-year rivalry and seven of the last 10 games were decided in the final minute.

"Everybody says the games are always going to be close and you can throw the records out the window," said Candeto. "But halfway in the game, I told the guys, 'This doesn't have to be close. Who says the game has to

come down to the end?'"

Candeto said the key play of the game might have been his coach's decision to convert a fourth-and-one on the goal line. The play resulted in Candeto's second touchdown and gave Navy a 14-3 lead.

"If they stop us there, it's a whole different ballgame," Candeto said. "The guys up front hunkered down, they bowed their necks and they got us in."

Army, however, may be hunkering down in the off-season.

"We had our moments throughout the season where we played well," said coach Berry. "It's just inconsistent. That's something we'll try to build on. We have to become a more consistent football team."

The academy seniors, though, have played their last game, and in the words of Army Chief of Staff Gen. Eric K. Shinseki: "next time they meet, they'll all be on the same team."

Editor's note: Chris Waltz is a staff writer for the *Pentagram* newspaper.

Fort Carson boxers, coaches selected to participate in All Army boxing camp

by Bill Scharton
Mountaineer staff

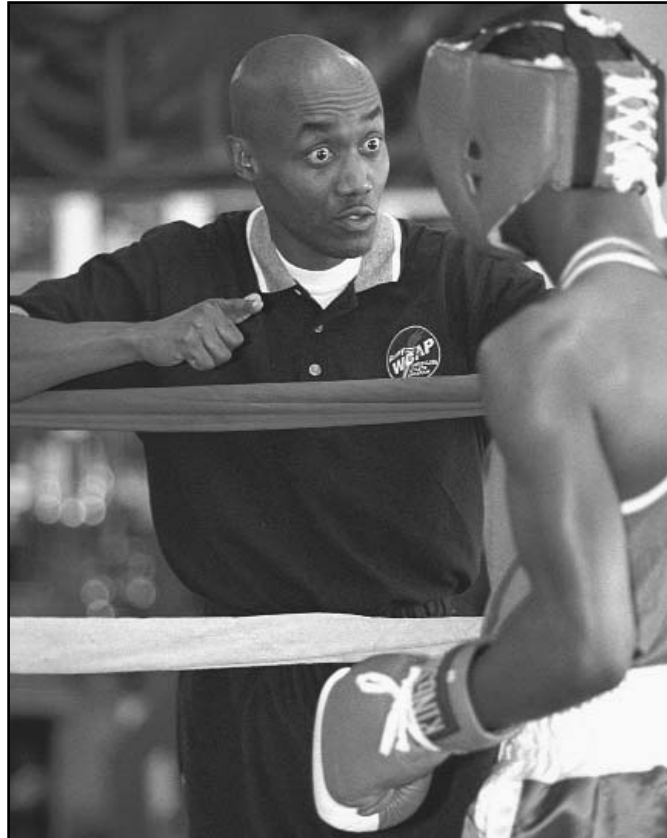
Fifteen boxers and three coaches from Fort Carson have been selected to participate in the 2003 All Army Boxing Trial Camp Jan. 8 to 29 at Fort Huachaca, Ariz.

The boxers selected from the Army's World Class Athlete Program at Fort Carson are Torrence D. Daniels, Jason Z. Franco, Aaron T. Bensinger, Keith J. Mason, Marshall A. Christmas, Rendale L. Mason, Clarence Joseph, Julius Fogle, Carlos R. Ibarra, Charles O. Leverette, Eric G. Prindle and Nicholas S. Harrison.

The other three Fort Carson boxers are Tiffany D. Harris, 32nd Transportation Company, Theola J. Rivera, Headquarters Detachment, 68th Combat Support Battalion, and Lanard D. Brooks, 1st Squadron, 3rd Armored Cavalry Regiment.

Two coaches from the Fort Carson WCAP unit, Basheer Abdullah and Lavelle R. Sims, will attend the camp along with coach Kevin L. Greene from Headquarters Troop, 2nd Sqdn., 3rd Armored Cav. Reg.

At the camp, boxers will be chosen to represent the Army at the Armed Forces Championships Feb. 17 to 22 and the USA Boxing National Championships March 23 to 30.



Courtesy photo
Staff Sgt. Basheer Abdullah, Army World Class Athlete Program head boxing coach, instructs one of the WCAP boxers during a training session. Abdullah was selected to participate in the All Army Boxing Trial Camp.

Tae kwon do

Applications for the 2003 Tae Kwon Do All Army Trials are due no later than Jan. 17.

Completed application packets should be turned in to the Directorate of Community Activities recreation programs office located in building 1217, room 101.

The 2003 Tae Kwon Do All Army Trials will take place April 9-29 in Fort Indiantown Gap, Pa. The trial championships that will decide the All Army Tae Kwon Do Team are slated for April 26. The All Army Team then competes against other service teams and international teams.

For additional
information,
call 524-
1388 or
526-

2151.



Army sergeant named head coach for 2003

by Victoria Palmer
Army News Service

ALEXANDRIA, Va. — USA Wrestling named Staff Sgt. Shon D. Lewis, Army World Class Athlete Program Greco-Roman Wrestling head coach assigned to Fort Carson, as head coach for the 2003 World Greco-Roman Wrestling Championship.

“It feels outstanding,” said Lewis. “I’m excited for this opportunity to lead this team in going to compete in the World Championships.”

The USA Wrestling Team selection committee also named Lewis to the coaching staff for the Gramma Cup International Wrestling Tournament in Havana, Cuba, scheduled for Feb. 19 to 28. The 2003 World Greco-Roman Wrestling Championship is scheduled for Oct. 2 to 5 in Creteil, France.

This is the first time an Army coach has been named as the head coach for a world team, said Paulette Freese, World Class Athlete Program manager at the U.S. Army Community and Family Support Center here.

“This is the first — and hopefully won’t be the last — time I, or whoever comes after me, will con-

tinue to get assignments as the head coach or on the coaching staff, whether it be at World Championships, World Cup or Olympics,” Lewis said.

Freese said the World Championships are “the equivalent of the Olympics during a non-Olympic year.”

Lewis, an Oakland, Calif., native, joined the Army in 1990 to become an infantryman. A 12-time Armed Forces champion, Lewis attended the University of Oregon (Eugene) and is a certified Army master fitness trainer.

As a soldier-athlete in the Army World Class Athlete Program, the five-time national Greco-Roman champion wrestler at 63 kilogram qualified for the 2000 Olympic trials, then retired from wrestling and was named WCAP head Greco-Roman coach, said Freese.

He was head coach of the U.S. team at the Conseil Internationale du Sport Militaire (International Military Sport Association) world championships in Tallinn, Estonia, Oct. 24 to 27, and assistant coach of the 2002 U.S. World Team in Moscow, Russia, in September, where he coached

WCAP athlete Sgt. Dremiel Byers to a world championship gold medal.

“Byers is only the fourth American to win a world championship in Greco-Roman wrestling,” said Freese. “So Lewis has had a phenomenal coaching history. The Army team is well-known, and he’s been recognized by the wrestling community as an extraordinary coach.”

Lewis said WCAP has played a significant role in his success.

“WCAP means a lot to me as a soldier athlete,” he said. “Without WCAP I wouldn’t still be participating in the sport of wrestling. WCAP has allowed me the opportunity to continue in my quest to improve as a coach. My mission right now is to put WCAP athletes on the World and Olympic teams.”

USA Wrestling is the national governing body for wrestling and is a member organization of the United States Olympic Committee.

The World Class Athlete Program is one of more than 200 Morale, Welfare and Recreation programs the Army provides soldiers and families worldwide through the USACFSC.

What to do in Denver — during the holidays

by Nel Lampe
Mountaineer staff

Perhaps you've attended all the local events you want to and you're looking for a change of scenery or want to take a mini-vacation while the children are on school break. What to do?

Why not take the hour-long drive to Denver? Get an early start, choose an attraction or two and go for it. Or, make arrangements for an overnight stay, taking advantage of special offers made by downtown Denver hotels and take in several attractions.

Be sure to drive past the Denver City and County Building downtown. It's hard to miss — the building is bathed in red and green floodlights 30,000 of them. The building will be lit throughout the holidays and through the National Western Stock Show in January. Musical chimes ring out from the building from 7 to 9 p.m. and 10 bronze bells provide music from the clock tower.

Other places to drive past include Union Station, which is at 17th and Wynkoop Streets, near downtown Denver. Union Station is close to the 16th Street Mall downtown.

The 16th Street Mall is a mile-long pedestrian mall. Free shuttle buses constantly traverse 16th Street. A variety of stores is available and there's easy access to Denver Pavillions, with even more stores, including NikeTown and a 15-screen theater.

A large variety of eating places line the mall such as the Hard Rock Café and the Cheesecake Factory. Horse-drawn carriages are available. The 200 trees along the 16th Street Mall are decorated as are the shops and stores along the mall.

The Christkindl Market is on the 16th Street Mall by Denver Pavillions. Patterned after Christmas Markets found in Germany, this is the fourth year for the Christkindl Market. It's open from 11 a.m. until 9 p.m. daily, except on its last day, Sunday, when it



Photo courtesy City and County of Denver
Union Station is dressed in lights for the holiday season.



Photo courtesy City and County of Denver
Paths in Denver Botanic Gardens are colorfully lighted.

closes at 6 p.m. The market has authentic German baked goods, bratwursts and hot spiced wine, as well as German nutcrackers, lace and other goods for sale. A Musikplatz is nearby.

At 16th and Arapahoe Street, near the D & F Tower, a temporary outdoor ice rink offers ice skating. The rink is open every day through January, including Christmas Day and New Year's Day, but hours are abbreviated. The usual hours are noon to 10 p.m., but beginning Saturday through Jan. 4, the rink will be open 10 a.m. until 10 p.m., except it closes Christmas Eve at 8 p.m., and is open only from 4 to 10 p.m. Christmas Day. The remainder of

January the rink is open Fridays from 4 to 10 p.m., Saturdays from 10 a.m. to 10 p.m., and Sundays from 10 a.m. to 8 p.m. Broomball is 5 p.m. to 9 p.m. Jan. 6 to Jan. 30.

The admission for the rink is \$5 for adults, children 6 to 12 are charged \$2 and anyone under 6 skates for free. There's a charge for skates. As a holiday treat, anyone 12 and under skates for free every Saturday from 10 a.m. until 1 p.m. For more information about the skating rink, call (303) 571-8201.

Larimer Square, a restored historic area between 14th and 15th Streets, is decorated with 200,000 twinkling lights. Larimer Street was the site of Denver's first post office, theater and bank, as well as a bookstore, drygoods store and a photographer, dating back to the 1850s. Winterfest at Larimer Square includes carolers, roasted chestnuts and music. There are interesting shops in Larimer Square as well as restaurants such as Josephina's, Little Russia, Mynt, Tamayo, Ted's Montana Grill and Lime. Call (303) 685-8143 for information about Larimer Square.

Leaving the downtown area, head for the Denver Botanic Gardens, 1005 York Street, phone (720) 865-3500. The gardens are popular anytime of year but a visit to the 23-acre garden is especially beautiful during the holidays, when "Blossoms of Light" is



Photo courtesy City and County of Denver
Denver City and County building are bathed in red and green floodlights.

Happening's



Places to see in the Pikes Peak area.
Dec. 20, 2002

Denver

From Page 31

open. For the 14th year, spectacular lights and whimsical displays set the stage for entertainment, such as choirs, carolers, dancers and holiday music. There's mistletoe, hot chocolate and snacks.

Blossoms of Light is open every night from 6 to 9 p.m. Admission is \$7 for adults.

Denver Botanic Gardens is in the vicinity of City Park, where the Denver Zoo is located. The annual "Wildlights" display is in the Denver Zoo until the end of December. The whole family will enjoy the millions of sparkling lights covering the zoo's 35 acres. There are glittering trees, animated light sculptures, lions, tigers and bear sculptures. Entertainment during Wildlights includes music groups, carolers and dancers. Warming stations throughout the zoo offer hot chocolate and cider, soft bread pretzels and cappuccino.

Eight horticulturists and two electricians spent two and a half months putting up the lights. Hours are 5:30 to 9 p.m. through Dec. 31. Admission is \$7 for adults, \$4 for ages 4 to 12 and free for children under 3. Call (303) 376-4800 for information or go online at www.denverzoo.org.

Perhaps you might visit the Denver Museum of Nature and Science, next to the zoo in City Park, at 2001 Colorado Blvd. It's a first-class museum, open from 9 a.m. to 5 p.m. The most popular exhibit is Prehistoric Journey.

A special exhibit in the museum until Jan. 26 is called "The Lost Spaceship: Liberty Bell Recovery."

The museum also has an IMAX theater, where "Journey into Amazing Caves" and "Space Station" are currently showing. Entrance to the museum for adults is \$8 and the IMAX is

also \$8. Children's admission is \$5.50 for ages 3 to 12. If you plan to visit the museum and the film, make the decision at the entrance and purchase a combination ticket.

Colorado's Ocean Journey is at 700 Water St., at Exit 211. At Colorado's only aquarium scuba Santa dives with colorful fish at 11:30 a.m. and 3 p.m. This Santa wears flippers rather than boots. He dives daily from Saturday through Christmas Eve, twice a day.

Admission to the aquarium is \$14.95 for adults and \$6.95 for children. Admission is free for ages 3 and under. Ocean Journey is open from 10 a.m. through 5 p.m. daily. Beginning the day after Christmas, hours will be extended to 6 p.m. through Jan. 5. Ocean journey closes at 3 p.m. Christmas Eve and is closed Christmas day.

Other things to do in Denver:

Denver Children's Museum is open from 9 a.m. to 4 p.m., Tuesday through Friday and 10 a.m. to 5 p.m. Saturdays and Sundays. Regular admission is \$6, except those under 1 are free. The museum is at Exit 211, near the aquarium. Phone (303) 433-7444, or online to www.mychildsmuseum.org. Some activities are related to a holiday theme.

The Denver Art Museum is at 13th Avenue and Acoma Street downtown. The museum is free to Colorado residents each Saturday.

Family backpacks activities are included in admission on Saturdays. The museum will be closed Christmas Eve and Christmas Day.

Take the Winter Park Ski Train which leaves Union Station in downtown Denver for the two-hour trip to Winter Park Resort. Once there, ski or sightsee before the 4:15 train leaves for Denver. The train makes trips a 7:15 a.m. Sunday, Dec. 27, 28 and 29. The train also operates Saturdays and Sundays in January, Fridays, Saturdays and Sundays in February and March. Reservations are necessary, call (303) 296-4754 or go online at www.skitrain.com. The fare is \$45.

Several downtown Denver hotels have \$99 overnight specials during the holidays

If you choose to spend a night or two in Denver, several hotels have special holiday rate. Go online to www.denvermetroconventionandvisitor-bureau and click on holiday



Photo courtesy City and County of Denver

Denver's Botanic Gardens is a popular holiday attraction.



Photo courtesy City and County of Denver

Visitors walk through the Denver Zoo's "Wildlights."



Photo courtesy Colorado Ocean Journey

See Santa among the fishes at Colorado's Ocean Journey.

specials or call (800) 462-5280. Of course, Denver has many budget chains, such as Motel 6, Holiday Inn Express, etc.

A free visitor's guide for Colorado, called "Key," is available at the Colorado Springs Visitors and Convention Bureau, at 515 S. Cascade Ave.. The bureau is open from 8:30 a.m. until 5 p.m., Monday through Friday. The bureau will be closed Christmas Eve and Christmas.

A map of downtown Denver would be helpful in finding the attractions.

To reach Denver, take Interstate 25 north about 70 miles. Take the Colfax exit downtown.



Photo courtesy City and County of Denver

An outdoor skating rink is at Denver's 16th Street Mall.



Courtesy photo

Zoo animals are portrayed in neon at Denver Zoo's "Wildlights."

Just the Facts

- **Travel time** about an hour
- **For ages** all
- **Type** holiday activities in Denver
- **Fun factor** ★★★★★ (Out of 5 stars)
- **Wallet damage** free to \$\$\$\$

\$ = Less than \$20

\$ = \$21 to \$40

\$\$\$ = \$41 to \$80

\$\$\$\$ = \$81 to \$100

(Based on a family of four)

Get Out!

Fine Art Center theater

The current performance in the Fine Arts Center theater series is "Once Upon a Mattress," a musical based on the story of "The Princess and the Pea." The musical's final performances are at 8 p.m. Friday and Saturday, and Sunday at 2 p.m. Call 634-5583 for tickets.

Old Colorado City Christmas

Old Colorado City Merchants have an old fashioned family celebration each Saturday from noon until 6 p.m. and Sunday from 1 to 5 p.m., which includes entertainment. Santa Claus is in the log cabin in Bancroft Park and carriage rides are available. Shops are decorated and open until 7 p.m. Thursday, Friday and Saturday until Christmas.

Electric Safari

Cheyenne Mountain Zoo celebrates with an "Electric Safari" every night except Christmas Eve through Jan. 2, from 5:30 to 9 p.m. Fees are \$3.50 for anyone under 12, \$5.50 for adults and free for those under 2.

Seven Falls holiday lights

Seven Falls is lit in thousands of lights for the holidays, including the cañon. From 5 to 9 p.m. through Dec. 29, except for Christmas Eve, entrance is by donation of \$2 to Christmas Unlimited. Dress warmly. Souvenir and snack shops will be open.

Monster Trucks

Monster Trucks are scheduled for the World Arena Jan. 10 to 12. Tickets are \$6.50 for children and \$17.50 for adults; call 576-2626.

New Year's Eve Celebration

Celebrate the new year with a concert. "A Night in Vienna," with Strauss music, is on tap Dec. 31 at 8 p.m. Call 633-4611 or 520-SHOW for tickets, which start at \$18.

Academy concert series

The Air Force Academy Concert Series for the upcoming season includes "Aeros" Feb. 8, "Swing,"

March 29, and Lee Greenwood and Sandi Patty, April 12. Call the theater box office at 333-4497.

Royal Gorge discounts

The Royal Gorge Bridge and Park is raising food for the organization Loaves and Fishes. Through Christmas day, visitors to the park will receive a discount of \$3 for each adult and \$2 per child for each non-perishable food item presented at the ticket booth. The bridge is about 12 miles west of Cañon City, off Highway 50 west.

Donkey Wake-up Call

The Western Museum of Mining and Industry sponsors a Donkey Wake-Up Call from 9:30 to 10 a.m. Join the three donkeys in their morning activities then take a tour of the museum. Admission prices apply. The Donkey Wake-Up Calls are Dec. 27, 28, Jan. 3 and 4 at 9:30 a.m. \$15 admits all individuals living within a household.

Upcoming symphonies

Ray Charles appears with the Colorado Springs Symphony Jan. 31 and Feb. 1, at the Pikes Peak Center at 8 p.m. Call 633-6698 or 520-SHOW for tickets.

Money museum

The Money Museum at 818 N. Cascade Ave., has a new exhibit called "Rendezvous with Destiny: the Money of WW II." Money was a major player in World War II. Metal shortages forced countries to alter their coinage. For instance, copper used in the Lincoln penny was diverted to weapon manufacture and a zinc-coated steel penny replaced the copper penny. Other World War II memorabilia is part of the exhibit. The Money Museum has free entrance.

Kwanzaa 2002

Kwanzaa celebrates the history, culture, philosophy and achievements of African people living in other parts of the world. The 13th annual Colorado Springs citywide Kwanzaa celebration is at the Hillside Community Center, 925 S. Institute.

The events are:

Thursday, 6 to 7:30 p.m., unity.

Dec. 27, 6 to 7:30 p.m., self-determination

Dec. 28, 6 to 8:30 p.m., Collective work and responsibility and African Marketplace

Dec. 29, 6 to 8:30 p.m., Cooperative economics

Dec. 30, 6 to 7:30 p.m., purpose

Dec. 31, 6 to 9 p.m., creativity

Jan. 1, day of meditation.

Musical for children

Dragon Tales Live is in Colorado Springs in a musical extravaganza for children. It is in the Colorado Springs World Arena Jan. 16 to 19. Performances are at 7 p.m. Jan. 16 and 17, and in daytime performances Jan. 18 and 19. Tickets start at \$12. Call the box office at 576-2626 for tickets.

Denver theater

Denver Center Attractions' season tickets for the 2003 musical season are for sale. The season starts with "Saturday Night Fever," Feb. 25 to March 9, followed by "42nd Street," June 24 to July 6. "Oliver" is Aug. 19 to 31, "Urinetown: The Musical," is Sept. 9 to 21, followed by "Oklahoma" Dec. 14 to Jan. 3, 2004. The final production for the season, Jan. 6 to 31, 2004, is Mel Brooks' "The Producers." All shows are in downtown Denver's Buell Theatre. Starting price for the season ticket is \$130. Call (303) 893-4000 or go online, www.denvercenter.org.

Disney on Ice

Disney on Ice brings "Toy Story 2" to the World Arena March 20 through 23. Call the box office at 576-2626 for information.

New Year's Eve concert

Catch Neil Diamond in a concert Dec. 31, 10 p.m. at the Pepsi Center in Denver. Ticketmaster, 520-9090, has tickets beginning at \$41.50.

Open Cockpit Day

"Open Cockpit Day" at the aircraft museum in Pueblo is Dec. 28 from 10 a.m. to 2 p.m. in a Fairchild C-119, used by the Marine Corps. Admission is charged for the Weisbrod Aircraft Museum of \$5 for anyone older than 12. The museum is at Pueblo's Memorial Airport, east of Pueblo on Highway 50.

Fruitcake toss

The 8th annual Great Fruitcake Toss is in Manitou Springs Jan. 4. Beginning at 10:15 with registration, the fruitcake toss has several events and is open to the public. Bring your own fruitcake or rent one for 50 cents, and toss, hurl, launch or use a driver. Call 685-5089 for information.

Happenings

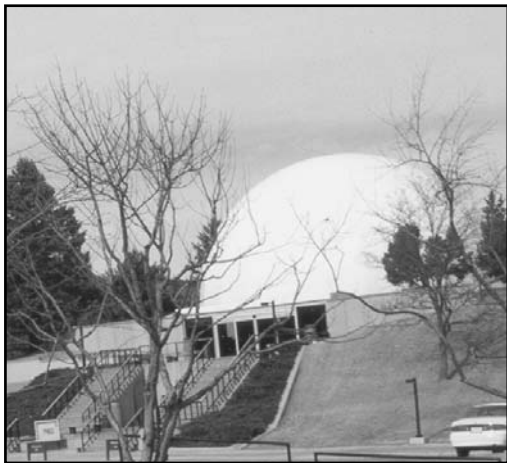


Photo by Nel Lampe

Winter Wonders ...

A free Christmas program, "Winter Wonders" is presented at the Air Force Academy planetarium at 3 and 4 p.m. Monday through Friday, through Jan. 3. The planetarium is closed Christmas Eve, Christmas and Thursday, as well as Jan. 1. For information call 333-2778.



Program Schedule for Fort Carson cable Channel 10, today to Jan. 10.

Army Newswatch: includes stories on the U.S. Army Reserve, Army mariners and the Army Family Action Plan conference. Airtimes at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: includes stories on the Sept. 11 remembrance stamp, transformation of military and the Sept. 11 memorial quilt. Airtimes at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: includes stories on Anthrax inoculations, the Airborne Laser System and a pioneer heart surgery (repeat). Airtimes at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

Channel 9 daily broadcasts SCOLA, foreign language news broadcasts. Access the schedule

at the Fort Carson Web site.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on Channel 10, please contact Chief of Command Information at 526-1241 or via e-mail at

CommandInfo@carson.army.mil.

Program times will be published in the *Mountaineer* provided coordination is made one week prior to publication.

If you wish to have a training videotape shown on Channel 9 only, contact the Regional Training Support Center at 526-5111.

For additions to the Community Calendar, please submit an e-mail or clean, typewritten copy of the information to the Public Affairs Office, room 2180, 6151 Specker Ave., Fort Carson, CO 80913-5119, or fax information to 526-1021 no later than the Friday before airing time.